

MEDIA BOOKLET FOR EDUCATION ABOUT ABDOMINAL STRETCHING
EXERCISE TO REDUCE DYSMENORRHOEA PAIN INTENSITY IN
ADOLESCENT WOMEN

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SUMMARY

Background: Usually, young women who experience menstruation for the first time will feel cramps or pain in the lower abdominal area. This is often called dysmenorrhea. Dysmenorrhea is the main reason why young women do not go to school and limits their daily activities. Pain during menstruation can be treated with non-pharmacological therapy, namely by doing the Abdominal Stretching Exercise Technique. The aim of giving Abdominal Stretching Exercise to young women is to help release endorphin hormones which can influence the decrease in prostaglandin levels, thereby causing a decrease in pain levels during menstruation. Method: Using a description of the booklet's output with a theme entitled "Overcoming Dysmenorrhoea Pain Without Medicine" created using a Canva application with a size of 8.5 x 3.5 inches. Results: Booklet entitled "Overcoming Dysmenorrhoea Pain Without Medicine". Conclusion: Can provide knowledge to the public, especially young women, that Abdominal Stretching Exercise can help overcome pain during menstruation.

Keywords: Abdominal Stretching Exercise, Dysmenorrhoea, Pain