

APPLICATION OF ABDOMINAL STREACHING EXERCISE TO REDUCE MENSTRUAL PAIN (*DYSMINOREA*)

Rosa Diana, Rita Riyanti Kusumadewi
Rosadiana0807@gmail.com

Faculty Of Health Sciences, Aisyiyah University, Surakarta

SUMMARY

Background: *Dysmenorrhea is severe pain in the stomach, especially the lower part, that women experience during menstruation. The pain that occurs will generally last before menstruation, during menstruation, until the end of the menstrual cycle with the quality of pain coming and going and some that occur continuously. Abdominal stretching exercise is an exercise technique for stretching the muscles in the abdomen which is generally carried out for 10 to 15 minutes to maximize muscle strength and flexibility. This exercise is recommended for treating dysmenorrhea because it has a safe technique and does not trigger detrimental effects because it only uses physiological technique from the body.* **Purpose:** *This communication, information and education aims to implement abdominal stretching exercise to reduce menstruation (Dysminorrhea).* **Method:** *The KIE output method is in the form of a media booklet about “Abdominal Stretching Exercise to Reduce Menstrual Pain (Disminorea) through booklet media “using the canva software application with a size of 3.5x8.5 inches totaling 27 pages.* **Results :** *Output in the form of a booklet regarding the application of abdominal stretching exercise to reduce menstrual pain (Dysminorrhea).* **Conclusion:** *Media Booklet has been created to educate the public. Especially teenagers and can be used as an alternative to reduce menstrual pain (Dysminorrhea)*

Keywords: *Dysminorrhea, abdominal stretching exercise, menstrual pain*