

**EDUCATIONAL MEDIA BOOKLET ABOUT WARM
COMPRESS TO REDUCE DYSMENORRHEA
IN TEENAGE GIRLS**

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SUMMARY

Background: Dysmenorrhea is pain in the abdominal area caused by cramps in the uterus that occur before and during menstruation. Dysmenorrhea can cause activities or activities for women, especially young women who experience menstruation. For example, a female student who experiences dysmenorrhea cannot concentrate on studying and motivation to learn will decrease because of the dysmenorrhea that is felt during the teaching and learning process and sometimes there are those who ask permission to go home because they cannot stand it. the dysmenorrhea they feel. Non-pharmacological management for dysmenorrhea in teenage girls is by giving a warm compress with a glass bottle at a temperature of around 40°C for 15 minutes and done in the morning and evening after the compress is applied, there will be a decrease in muscle tension and the pain felt will be reduced. The advantage of this warm compress therapy is that it is also easy to apply at home and costs nothing. **Objective:** Able to increase knowledge and can be used as a learning medium for female students and broaden insight for young women. **Method:** The method used in communication, information and education is booklets **Results:** The booklet measures 3.5 x 8.5 inches, consists of 16-24 pages and consists of booklet material containing the title, material and a detailed description of the content of the material. **Conclusion:** A Media Booklet has been created as a media for public education, especially for young women and can be used as an alternative for treating dysmenorrhea complaints with non-pharmacological therapy with warm compresses.

Keywords: Disminorhea, Warm Compre