

APPLICATION OF CHILD POSE (BALASANA) TO REDUCE MENSTRUAL PAIN

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SUMMARY

Background: Menstrual pain is pain felt in the lower abdomen or cramps before menstruation which lasts 2-3 days, starting the day before menstruation begins. The cause of menstrual pain is due to an increase or unbalanced production of endometrial prostaglandins that will increase uterine tone, contractions so that pain occurs. Women who experience menstrual pain, treatment therapy can use non-pharmacological treatment, one of which is yoga child pose (balasana). The benefits of this yoga position slowly stretch the hips, thighs, and ankles, calm the brain, restore stress, fatigue, back and neck pain, can stop the production of hormones that can cause pain, increase blood circulation throughout the body. **Objective:** Making Communication, Information, Education (IEC) media about the application of child pose (balasana) to reduce menstrual pain as a promotive media. **Methods:** Using the output description of the pocket book with the theme entitled "Application of Child Pose (Balasana) to Reduce Menstrual Pain" is made using the canva software application with a size of 10 x 13 cm. **Results:** The media produced from IEC is a pocket book entitled "Application of Child Pose (Balasana) to Reduce Menstrual Pain" which can be read directly by women, especially those experiencing menstrual pain. **Conclusion:** IEC media is used as a medium of promotion, communication, information, education that can provide a source of knowledge to the public about the application of child pose (balasana) to reduce menstrual pain.

Keywords: Women, Menstrual Pain, Child Pose (balasana)