

***DYSMENORRHEA EXERCISE GUIDE TO
REDUCING DYSMENORRHEA PAIN IN ADOLESCENTS WITH POCKET BOOK
MEDIA***

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SUMMARY

Background: *Dysmenorrhea is a natural medical condition that occurs during menstruation, dysmenorrhea is generally harmless but quite disturbing for adolescents who experience it. Dysmenorrhea can be treated in a non-pharmacological way, namely dysmenorrhea exercises which can be done 1 week before menstruation so that the body becomes relaxed and comfortable.* **Purpose:** *to publish the results of previous research that has been carried out by previous researchers, namely the application of dysmenorrhea exercises to reduce dysmenorrhea in adolescents.* **Methods:** *Using the output description of a pocket book with a theme entitled “Dysmenorrhea Gymnastics Guide to reduce Dysmenorrhea in adolescents with Pocket Book Media” was created using software application with a size of 10 x 13 cm.* **Result:** *Pocket book entitled “Dysmenorrhea Exercise Guide to reducing Dysmenorrhea pain in adolescents with Pocket Book Media”.* **Conclusion:** *can provide a source of knowledge to adolescent girls about the application of effective dysmenorrhea exercises to reduce dysmenorrhea.*

Keywords: *Adolescents, menstruation, dysmenorrhea and dysmenorrhea exercises*