

GIVING WARM COMPRESSES TO REDUCE DISMINORE PAIN IN ADOLESCENT GIRLS

Yumiati Tamu Ina, Siska Ningtyas

Prabasari

yumiaticamuina00@gmail.com

University 'Aisyiyah Yogyakarta

SUMMARY

Background: Dysminore is a symptom of menstrual pain that occurs during menstruation so that it can interfere with daily activities. The systemic complaints of the body that exist when dysminore appear are back pain, fatigue, irritability, and sweating. Menstrual pain can also be accompanied by headaches, nausea, vomiting, dysminore can be overcome with several both pharmacological and non-pharmacological methods. In non-pharmacological therapy, therapy can be given through exercise, relaxation and compresses which is caused by a lack of blood supply to the endometrium. The administration of warm compresses is an independent action. The warm effect of the compress can cause vasodilation in the blood vessels which will later increase blood flow to the tissues, the distribution of acids and food to the cells in enlargement and the removal of substances in repair which can reduce primary menstrual pain. **Objective:** To create communication media, information, and education (KIE) is to reduce menstrual pain as a promotive medium in adolescents and carry out the role of midwives in maintaining adolescent health. **Method:** The method used in KIE media is in the form of a booklet that is produced as a health promotion implementer that can be used as a reference for midwifery or midwifery students. **Results:** The media produced from KIE is in the form of a booklet that can be read directly by young women and midwifery students. **Conclusion:** KIE media is used as a medium of promotion, communication, information, and education for adolescents on reducing menstrual pain.

Keywords: Dysminorrhea, Menstruation, Teenagers, Pain