

## THE BENEFITS OF WARM COMPRESSES IN REDUCING MENSTRUAL PAIN IN TEENAGERS TROUGH POCKETBOOK MEDIA

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### SUMMARY

**Background:** Menstrual pain is a common issue for women in worldwide, with a high prevalence in Indonesia, Especially in Ciamis. The management of menstrual pain varies from pharmacological to non-pharmacological methods, such as warm compresses, wich are effective but less known amog teenagers. The role of midwives and the government is crucial in providing youth-friendly health services and promoting health through educational media. Pocketbooks are an effective medium for conveying health information, helping teenagers understand and manage menstrual pain. **The objectives of research:** This pocketbook aims to provide knowledge about adolescence, menstrual pain, and how to alleviate it using warm compresses, as well as to encourage proactive health behavior among teenagers. **Method:** Utilizing the canva application to design the layout and illustrations, the pocketbook measures 10x13 cm and educates teenage girls experiencing menstrual pain. A trial was conducted with 10 teenage girl respondents. **Results:** The KIE media in the from of pocketbook contain information about the benefits of warm compresses in reducing menstrual pain in teenagers. **Summary:** This pocketbook can help reduce the stigma and discomfort surrounding menstruation by providing information and guidance that make teenagers feel comfortable discussing and managing menstrual pain. The book is also expected to enhance teenagers understanding of their bodies and menstrual cycle, promoting better health care.

**Keywords:** Teenagers, Menstrual Pain, Warm Compresses, Pocket Book