

***EFFORTS TO IMPROVE ADOLESCENT GIRLS' KNOWLEDGE ABOUT  
WARM COMPRESS FOR DYSMENORRHEA PAIN THROUGH BOOKLET  
MEDIA***

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***SUMMARY***

***Background:*** Dysmenorrhea is a common physical disorder during menstruation experienced by women, around 67% to 90% at the age of 17 to 24 years. A total of 59,671 people (54.89%) experienced primary dysmenorrhea, while 9,496 people (9.36%) suffered from secondary dysmenorrhea. Most women do not know the correct way to handle it, namely with non-pharmacological methods. ***Objective:*** To produce a booklet media with the title "Pain Free During Menstruation: Overcome Dysmenorrhea with Warm Compresses" to increase the knowledge of young women about handling dysmenorrhea with warm compress methods. ***Method:*** The process of making this booklet was made using the Canva application. This booklet is a media to increase the knowledge of young women about handling dysmenorrhea with warm compress methods by attaching a glass bottle filled with water at a temperature of 45oC for 20 minutes. ***Results:*** This booklet-based IEC media is entitled "Pain-Free During Menstruation: Overcoming Dysmenorrhea with Warm Compresses" and consists of 20 pages, using Poppins and Spartan League fonts, which contain information on treating dysmenorrhea with warm compresses. ***Conclusion:*** The booklet media aims to facilitate the delivery of information on treating dysmenorrhea to adolescent girls.

***Keywords :*** booklets, dysmenorrhea, teenage girls, warm compresses