

**EDUCATIONAL VIDEO DEEP BREATHING RELAXATION  
TECHNIQUE FOR MENSTRUAL PAIN**

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**SUMMARY**

**Background:** Dysmenorrhea is a common reproductive health problem experienced by adolescent girls, characterized by pain during menstruation that can disrupt daily activities. The prevalence of dysmenorrhea in Indonesia reaches 45–95%. A preliminary study shows that most adolescents in Wonogiri are not yet aware of non-pharmacological methods, such as deep breathing relaxation techniques, to overcome menstrual pain. **Objective:** To produce educational media in the form of animated videos about deep breathing relaxation techniques as a non-pharmacological effort to reduce menstrual pain in adolescents. **Method:** The video was created using the Canva application, arranged in an animated form with a combination of text, images, and narration. The video was tested on three adolescent girls as respondents. Assessment aspects included content, design, and media appeal. **Results:** The educational video entitled "Overcome Your Menstrual Pain with Deep Breathing Relaxation" was 3 minutes 11 seconds long with a file size of 9 MB. All three respondents stated that the video was easy to understand, the design was attractive, and the content helped them understand deep breathing relaxation techniques as an alternative treatment for menstrual pain. **Conclusion:** This educational animated video is effective as a Communication, Information, and Education (IEC) medium in increasing adolescents' understanding of non-pharmacological techniques for managing menstrual pain.

**Keywords:** dysmenorrhea, health education, menstrual pain, adolescents, deep breathing relaxation, educational video