

**THE APPLICATION OF WARM COMPRESSES AS AN EFFORT TO  
REDUCE THE SEVERITY OF DYSMENORRHEA IN ADOLESCENTS  
THROUGH VIDEO MEDIA**

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**ABSTRACT**

**Background** : Dysmenorrhea is a common menstrual pain experienced by adolescent girls and can disrupt daily activities, including studying and social interactions. This pain is caused by excessive uterine muscle contractions due to increased prostaglandin levels—chemicals that trigger inflammation and muscle tension. Dysmenorrhea is divided into two types: primary (not related to any organic abnormalities) and secondary (caused by conditions such as endometriosis). **Objective** : This study aims to increase adolescents' knowledge and awareness of dysmenorrhea through education, enabling them to perform appropriate prevention and self-management. **Method** : The research used both qualitative and quantitative approaches. Qualitative data were obtained through interviews, while quantitative data were analyzed using pre-test and post-test results. The educational media used was a 5-minute video (KIE media) presenting ways to relieve dysmenorrhea pain. **Results** : The educational video significantly improved adolescents' understanding of dysmenorrhea, including its causes, symptoms, and prevention strategies. **Conclusion** : Educational interventions using video media proved effective in raising awareness among adolescents about dysmenorrhea. The video encouraged healthier behaviors and better self-

*management of menstrual pain, making it a useful tool in health education efforts for teenagers.*

**Keywords:** *Video, Menstruation, Dysmenorrhea*