

***EFFORTS TO IMPROVE KNOWLEDGE OF FEMALE ADOLESCENTS
ABOUT ABDOMINAL STRETCHING EXERCISES THROUGH VIDEO
MEDIA***

Ida Suryani¹, Irma Mustika Sari²
idasuryani829@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: The number of women experiencing dysmenorrhea worldwide in 2021 was 1.769,425. In Indonesia, the incidence is estimated at 64.25%. Dysmenorrhea often occurs in adolescents aged 10-19 during menstruation. Symptoms typically include lower abdominal pain that radiates to the back and thighs. One effective non pharmacological intervention to reduce dysmenorrhea pain is abdominal stretching exercise. ***Objective:*** as an information medium to increase the knowledge of adolescent girls regarding abdominal stretching exercises to reduce dysmenorrhea pain. ***Method:*** Compilation of a video describing abdominal stretching exercises and the steps to be performed for 10 to 15 minutes using Adobe Premiere Pro editing software. ***Results:*** The output contains audiovisual media entitled "Abdominal Stretching Exercise: An Easy Way to Reduce Menstrual Pain (Dysmenorrhea)" with a duration of 12 minutes, 13 seconds and a file size of 228 MB. ***Conclusion:*** Audiovisual media entitled "Abdominal Stretching Exercise: An Easy Way to Reduce Menstrual Pain (Dysmenorrhea)" can be used as an educational media to increase knowledge about abdominal stretching exercises for adolescent girls.

Keywords: Abdominal Stretching, Dysmenorrhea, Teenagers