

DEEP BREATHING RELAXATION TO REDUCE DYSMENORRHEA PAIN INTENSITY THROUGH VIDEO MEDIA

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SUMMARY

Background: *Dysmenorrhea is a common menstrual pain among adolescent girls that can interfere with rest, learning, and quality of life. Non-pharmacological treatments such as deep breathing relaxation are considered effective in reducing the intensity of dysmenorrhea. Video media is an effective educational tool because it can convey lessons in an interesting, practical, and easy-to-understand manner.*

Objective: *To develop an educational video on deep breathing relaxation to help reduce the intensity of dysmenorrhea among junior high school students.*

Method: *This project developed an Information, Education, and Communication (IEC) tool in the form of a deep breathing relaxation video. The video includes definitions, causes, and effects of dysmenorrhea, as well as step-by-step relaxation instructions. The video was produced at MTSN 2 Pajang.*

Results: *The 5 minute 55 second video produced is designed to meet the needs of adolescent girls by helping to reduce menstrual pain, presented with narration, visual demonstrations, and supporting illustrations.*

Conclusion: *To assist students, teachers, school health personnel, and parents in managing dysmenorrhea independently, the deep breathing relaxation video can be used as an educational resource.*

Keywords: *Dysmenorrhea, Deep Breathing Relaxation, Educational Video, Menstrual Pain*