

**EDUCATION ON DYSMENORRHEA EXERCISE TO REDUCE THE
LEVEL OF DYSMENORRHEA PAIN IN ADOLESCENT GIRLS
THROUGH VIDEO MEDIA**

Anisa Zahra, Ika Silvitasari
az424649@gmail.com
'Aisyiyah University of Surakarta

SUMMARY

Background : Dysmenorrhea is a common reproductive health issue among adolescent girls that can interfere with daily activities and lower their quality of life. Lack of knowledge about menstrual pain management causes many adolescents to be unaware of effective ways to cope. One effective non-pharmacological method is dysmenorrhea exercise. Educational videos are considered effective in enhancing understanding and encouraging independent practice among adolescents **Method** : This project developed an educational video lasting 7 minutes and 30 seconds, which explains the definition, benefits, goals, timing, and steps of dysmenorrhea exercise. The video was trialed with three respondents to gather feedback. **Results** : Respondents found the video easy to understand, engaging, and useful for relieving menstrual pain. The video effectively delivers educational content in a visual and practical format. **Conclusion** : Dysmenorrhea exercise education through video media is an effective reproductive health education tool that can be accessed anytime and helps adolescent girls reduce menstrual pain.

Keywords : Dysmenorrhea, health education, dysmenorrhea exercise, video media, adolescent girls.