

SUMMARY
IMPROVEMENT OF COMMUNITY KNOWLEDGE ABOUT WHITE
WATER THERAPY TO REDUCE MENSTRUAL PAIN THROUGH
POSTER

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Background: Menstrual pain is the most common gynecological problem experienced by women, both adolescents and adults. Menstrual pain results in disrupted activities carried out. One of the causes of menstrual pain occurs due to an increase in the hormone prostaglandin which can cause the uterine muscles to contract, causing pain in the stomach. **Purpose:** to create IEC media in disseminating information about water therapy to women who experience menstrual pain using methods that have been used by researchers. **Method:** Water therapy can reduce menstrual pain by drinking 2 glasses of water before going to bed, 2 glasses after waking up, 1 cup 1.5 hours before breakfast, lunch, and night, this therapy is carried out for 3 days on the first day of menstruation until the third day of menstruation **Result:** An output media has been produced in the form of a poster that contains menstrual pain with water therapy to reduce menstrual pain. **Conclusion:** The output media in the form of posters can increase public knowledge about efforts to reduce menstrual pain
Keywords: Menstrual Pain, Water Therapy, Adolescents