

PRIMARY DYSMENORRHEA REDUCTION USING MASSAGE EFFLEURAGE WITH ROSE OIL AROMATHERAPY

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Essence

Background; Based on WHO data, the incidence of dysmenorrhea, in young women aged between 16.8-81%. Meanwhile, the prevalence of dysmenorrhea in Indonesia was 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. **Purpose;** The purpose of making this video is to explain the steps for effleurage massage with aromatherapy rose oil to reduce dysmenorrhea. With this media, it is hoped that it can be used as a medium for education or health education for the community, especially those experiencing primary dysmenorrhea, so that they can find out and apply effleurage massage with aromatherapy rose oil. **Method;** The method used is to use IEC media, namely video, which is expected to be a source of information about reducing dysmenorrhea pain to increase knowledge. **Result;** The video will be posted on IPR at the University of 'Aisyiyah Surakarta and especially for adolescents with dysmenorrhea so that they can find out and apply effleurage massage with aromatherapy rose oil to reduce dysmenorrhea. **Conclusion;** As a health education media and educational media for adolescents and the general public, especially those with dysmenorrhea, to increase knowledge about the procedure of effleurage massage using aromatherapy rose oil to reduce dysmenorrhea.

Keywords: Dysmenorrhea, Massage Effleurage, Rose Aromatherapy, Video