

**KNOWLEDGE OF THE BENEFITS OF WARM COMPRESSES
TO REDUCE HAART PAIN (DISMENORE)
WITH BOOKLET MEDIA**

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ESSENCE

Warm water compresses are giving a feeling of warmth to certain areas by using fluids or tools that cause warmth to the parts of the body that need it. A warm compress is a method of using local warm temperatures which can have several physiological effects. The incidence of dysmenorrhea in the world is very large. According to the World Health Organization (WHO) in 2018 on average more than 50% of women in every world experience it. In Indonesia, the incidence of dysmenorrhea is 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary dysmenorrhea. Pharmacological dysmenorrhea is less attractive because of concerns about the side effects of drugs (Fitriani and Achmad, 2017). Warm water compresses really help reduce menstrual pain (Mahua, 2018). One of the media used in providing information is a booklet. Booklets can be used with the aim of increasing knowledge, because booklets provide more specific information. It can be concluded that the booklet media can provide information to increase knowledge about the benefits of warm water compresses to reduce menstrual pain or dysmenorrhea.

Keywords: *Warm Water Compress, Dysmenorrhea, Menstrual Pain, Knowledge, Booklet*