

**WARM WATER COMPRESS AS AN INSIDE
REDUCED DYSMENORRHOEA THROUGH
WITH POCKET BOOK MEDIA**

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SUMMARY

Background: Dysmenorrhoea is abdominal pain that comes from uterine cramps when we got periode / menstruation. Dysmenorrhoea consists of primary and secondary dysmenorrhoea. As many as 90% of adolescent women around the world experience problems during menstruation and more than 50% of menstruating women experience primary dysmenorrhoea. Measures to reduce menstrual pain can be done in 2 ways, namely pharmacologically menstrual pain can be given drugs, while non-pharmacologically the pain of menstruation can be reduced by compressing with warm water in the stomach area. The use of a warm compress can make blood circulation smooth, vascularize smoothly and occur vasodilation which causes relaxation of the muscles because the muscles get nutrients carried by the blood so that muscle contraction decreases. **Methods:** A pocket book by the tittle "Overcoming Dysmenorrhoea With a Warm Compress" was chosen as a communication medium in providing health information to young women. **Result:** The resulting project is in the form of a pocket book media as an educational media for young women to overcome pain reduction in primary dysmenorrhea with a warm compresses. **Conclusion:** The pocket book by the tittle "Overcoming Dysmenorrhea With a Warm Compress" contains important information along with pictures that can make it easier for teenagers to understand the material. It is hoped that the pocket book can be useful for young women who experience dysmenorrhoea.

Keywords: dysmenorrhoea, warm compress, pocket book