

EFFORTS TO REDUCE PAIN HENA COMPRESS AIR WARM IN ADOLESCENT THROUGH MEDIA VIDEO

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SUMMARY

Background: *Youth is a period between the time the children turned to future adult. The period of adolescence will experience the events paramount that period of menstruation. When menstruating women sometimes experience pain . Painful menstruation is pain that arises at the time of a woman experiencing menstruation. Menstrual painfelt in the abdominal part of the bottom , spread up to the back part of the bottom , hips , pelvis , thighs up , until the calf . Pain accompanied by cramps in the abdomen. Cramping is felt when the uterus experiencing contractions are intense time of menstruation. How to improve the knowledge of adolescents about painful menstruation, it takes education about compresses the water warm to decrease the pain of menstruation .Compresses the water warm very effectively used to decrease the painful menstruation because of the actions it can save cost, time, and energy. **Methods:** The authors chose to use video media as in the video there is information that can in educating about painful menstruation. With video media, teenagers can increase their knowledge in dealing with menstruation. **Results:** Outputs the form of video media on the action compresses warm as a way of telling decrease the pain of menstruation for patients with dysmenorrhoeaas an attempt to add insight into the community and explain the purpose of the action compresses warm and how to perform the action compresses warm so motivated to implement the action compresses warm it independently . **Conclusion:** There is a decrease in painful menstruation in adolescents by using action compresses the water warm in adolescents using video media.*

Key word: *Teen , Painful Menstruation , Menstruation , Compress Air Warm , Video*