

Fasalya Ayu Kusuma

Maryatun, S.Kep., Ns., M. Kes

NIM : B2018050

Nursing DIII Study Program

***EFFORTS TO INCREASE ADOLESCENT KNOWLEDGE ABOUT DYS-  
MENORRHEA EXERCISE TO REDUCE THE SCALE OF DYSMENOR-  
RHEA PAIN THROUGH BOOKLET MEDIA***

**SUMMARY**

**Background:** *Dysmenorrhea is a complaint that is usually felt by women when having menstruation. Complaints that are felt are pain in the lower abdomen and radiating to the back and thighs which is called menstrual pain or dysmenorrhea. 50% of women in each country mostly experience dysmenorrhea. Due to the lack of awareness of the Indonesian people to have their menstrual pain checked, it is not known exactly how many people have dysmenorrhea in Indonesia. Whereas in Sweden, 72% complained of menstrual pain and in America as much as 60% of people complained of menstrual pain. Prevention if you experience menstrual pain is by doing dysmenorrhea exercises. Desminore exercises can be done 5-7 days before menstruation every morning with a frequency of 3 times a week for 30-45 minutes.* **Objective:** *To add insight into dysmenorrheal exercise to reduce menstrual pain in adolescents.* **Methods:** *The method used was IEC in the form of booklets as a medium for dysmenorrhea exercise to reduce menstrual pain in adolescents.* **Result:** *The IEC printed media in the form of booklets can be distributed directly to youth and community social organizations.* **Conclusion:** *As a media for promotion of education and information for the public, especially for adolescents, related to dysmenorrhea in overcoming menstrual pain in adolescents.*

**Keywords:** *Adolescents, Gymnastics, Dysmenore*