

**MCKENZIE BACK EXERCISE THERAPY EDUCATION AS AN EFFORT
TO REDUCE DYSMENORRHEA IN YOUNG WOMEN
WITH VIDEO MEDIA**

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SUMMARY

Background: The incidence rate of dysmenorrhea or in the world is very large that more than 50% of women experience dysmenorrhea. The incidence of dysmenorrhea in Indonesia is estimated at 64.25%. In general, the treatment of dysmenorrhea is divided into two, namely pharmacological and non-pharmacological approaches. Non-pharmacologically one of them with Mckenzie Back Exercise therapy. According to the research, the results of measuring the pain scale before performing mckenzie back exercise therapy can be concluded from 55 respondents who were studied before being given therapy the average pain scale is 4.15 and after mckenzie back exercise therapy with an average pain scale to 2.65. **Method :** By using a video media titled "Tricks To Reduce Dysmenorrhea with Mckenzi Back Exercise Therapy" was chosen as a medium of communication in providing health information to young women. **Result :** Project produced in the form of video media as a medium of education for young women in an effort to overcome the decline of dysmenorrhea by applying Mckenzie Back Exercise therapy. **Conclusion:** The video titled "The Trick to Lower Dysmenorrhea with Mckenzie Back Exercise Therapy" was created in order to increase knowledge and motivate young women with dysminrhea to be able to apply mckenzie back exercise therapy as an effort to reduce dysmenorrhea.
Keywords : Mckenzie Back Exercise therapy, dysmenorrhoea, Young women, Video media.