

REDUCTION OF PRIMARY DYSMENORRHEA USING MASSAGE EFFLEURAGE WITH VIDEO MEDIA

Nadia Fitri Nafisah, Irma Mustikasari, S.Kep, Ns., M.Kep

Nadiafitrinafisah01@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background : Menstruation is the regular circulation of the uterus as a sign that the uterine organs are functioning properly. Dysmenorrhea is abdominal pain that comes from uterine cramps that occur during menstruation due to contraction of myometrial dysrhythmias. The prevalence of dysmenorrhea worldwide varies between 50% and 90% with 38% suffering from severe pain and 58% suffering from moderate pain, pain can be relieved by pharmacological and non-pharmacological management, in pharmacological management it can be treated with NSAID (Non Steroidal Antiinflammatory Drugs), while non-pharmacological management can be overcome using the effleurage massage method. **Purpose :** Educational media that are made aiming as a medium for education to the public, especially young women, to reduce pain levels due to primary dysmenorrhea using effleurage massage. **Method :** Which is used using IEC media in the form of video as a promotional media with effleurage massage procedures to reduce primary dysmenorrhea in young women. **Result :** The media produced by IEC is in the form of a video as a promotional media which contains effleurage massage procedures to reduce primary dysmenorrhea in women. **Conclusion :** As a media for promotion of education and information for the public regarding the effleurage massage method in overcoming primary dysmenorrhea.

Keywords:

Menstruation, Dysmenorrhea, Massage Effleurage