

MANAGEMENT OF *DYSMENORRHEA* WITH *ABDOMINAL STRETCHING* THROUGH THE MEDIA BOOKLET

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SUMMARY

Background : The incidence of dysmenorrhea in the world is very large, that is, more than 50% of women experience dysmenorrhea during menstruation. The prevalence of dysmenorrhea in Indonesia is around 55% among women of reproductive age. The prevalence of dysmenorrhea in female adolescents in Surakarta is 87%. Dysmenorrhea is a condition that occurs when menstruation interferes with activities characterized by pain or pain in the lower abdominal area. In general, the treatment of dysmenorrhea is divided into two, namely pharmacological and non-pharmacological. Non-pharmacologically, namely the management of abdominal stretching movements. Abdominal stretching is one of the stretching movements to relax muscles, especially the abdominal and pelvic muscles, so that it can increase endorphin levels so that pain is reduced. **Purpose :** to provide information and insight to the public, especially young women on how to treat dysmenorrhea with abdominal stretching. **Method :** By using a media booklet entitled "Effective Ways to Reduce Menstrual Pain by Moving Abdominal Stretching". **Result :** The resulting project is in the form of a booklet as an educational media for young women as a management for reducing dysmenorrhea by moving abdominal stretching. **Conclusion :** The booklet entitled "Effective Ways to Reduce Menstrual Pain by Moving Abdominal Stretching" was created to increase knowledge as a health education medium for young women who experience dysmenorrhea so that they can apply abdominal stretching.

Keywords : Dismenore, Abdominal Stretching, Media Booklet