

## **WARM COMPRESSES AND ABDOMINAL STRETCHING TO REDUCE PRIMARY DISMENORE PAIN IN ADOLESCENT PRINCIPLES**

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### **SUMMARY**

**Background** : adolescents who are in the transtion stage from childhood to adulthood in female adolescents will have primary and secondary changes marked by changes in the female reproductive organs. Adolescence also involves changes in various aspects such as psychological. Adolescence is marked by the onset of menstruation or menstruation. Menstruation is regular bleeding from the uterus as a sign that the uterine organs are functioning maturely. During menstruation, many women experience problems, one of which is menstrual pain or dysmenorrhea. Dysmenorrhea is the most common problem in adolescent women. Ways to reduce dysmenorrhea pain for young women with physical sports activities and interventions, namely by warm compresses and abdominal stretching. **Objective**: To determine the procedure for implementing warm compresses and abdominal stretching to reduce primary dysmenorrhea pain in young women. **Method**: The method used was the IEC media, namely Bokklet as a tool to increase knowledge and skills of physiotherapy and adolescent girls in dealing with dysmenorrhea pain. **Result**: IEC Media This booklet will be distributed to physiotherapists and young women as an easy and practical guide in conducting interventions. **Conclusion**: As a medium of education and information for physiotherapy and young women to make it easier to intervene with warm compresses and abdominal stretching to reduce primary dysmenorrhea pain in young women.

**Keywords**: Warm Compress and Abdominal Stretching, Dysmenorrhea Pain, Booklet.