

BENEFITS OF OLIVE OIL TO PREVENT STRECH MARK IN PREGNANT MOTHERS

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SUMMARY

Introduction: Pregnancy is a dream that is highly anticipated and expected by husband and wife. In general, pregnancy develops normally and results in the birth of a healthy full-term baby through the birth canal. The process of giving birth will certainly make pregnant women feel happy, but not all results of pregnancy and childbirth will be happy for pregnant women because the stomach will cause what is called Striae gravidarium or known as stretch marks. Handling of strae gravidarium is done non-pharmacologically with olive oil therapy. Objective: giving olive oil therapy to reduce stretch marks with poster education media. Method: with the output in the form of a poster containing text and pictures as a support to convey messages and attract people's reading interest. Result: with the creation of this poster, it can be used to increase knowledge about how to reduce the intensity of stretch marks using olive oil therapy. Conclusion: using olive oil as therapy can reduce the intensity of stretch marks in pregnant women

Keywords: *Strech Mark, Olive Oil*