

# **EFFORTS TO REDUCE *DYSMENORRHEA* PAIN IN ADOLESCENT WITH BENSON RELAXATION TECHNIQUES THROUGH VIDEO MEDIA**

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## **SUMMARY**

**Background** : *Dysmenorrhea is characterized by pain in the lower abdomen that interferes with activities. In the world the average incidence of dysmenorrhea is between 16.8% – 81%. The average in European countries is 45 - 97%. The average in Bulgaria is 8%. The highest average of 94% occurred in Finland. In Indonesia, the prevalence of dysmenorrhea is between 43% - 93%. So that it cause teenagers to experience limitations, in carrying out activities. One of the efforts to reduce the pain of dysmenorrhea, the benson relaxation technique can be done. The benson relaxation technique is a type of relaxation technique created by Herbert Bensin, which examines the effectiveness of prayer and medicine, as well as belief in religion and an almighty God.* **Method** : *Using the video output entitled “Let’s Overcome Dysmenorrhea Pain With Benson’s Relaxation Technique”.* **Result** : *The creation of an information and education communication media that can increase adolescent knowledge about reducing dysmenorrhea pain with the benson relaxation technique.* **Conclusion** : *this video media can be used as an educational medium to increase public knowledge, especially teenagers, about benson relaxation, techniques to reduce dysmenorrhea pain*

**Keywords** : *Adolescents, Dysmenorrhea Pain, Benson Relaxation Technique, Videos.*