

***DYSMENORRHEA EXERCISE METHOD AS AN EFFORT TO REDUCE  
MENSTRUAL PAIN FOR ADOLESCENT GIRLS THROUGH VIDEO MEDIA***

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***SUMMARY***

***Background :*** Menstrual pain (Dysmenorrhea) is pain because lower stomach cramps, caused by continuous contraction of the abdominal muscles. Patients with dysmenorrhea can take pharmacological action such as taking pain medications, or take non-pharmacological action such as doing dysmenorrhea exercises to reduce menstrual pain. ***Method :*** Dysmenorrhea exercise is one of the non-pharmacological action to reduce menstrual pain. Dysmenorrhea exercise is easy to learn and has no side effects, so it is safe to do for people with dysmenorrhea especially young women. ***Result :*** Dysmenorrhea exercise made with video aims to provide information and education to the public, people will be easily interested, easy to understand, and easy to practice when whatching videos of dysmenorrhea exercise. ***Conclusion :*** Video is one of the information media that is easier to understand, video is one of the media for health education to make it easier to understand dysmenorrhea exercise that can be used by the public especially young women as non-pharmacological action to reduce menstrual pain.

***Keyword :*** Videos, Mestrual Pain, Dysmenorrhea Exercise