

**ABDOMINAL STRETCHING EDUCATION TO REDUCE  
DYSMENORRHEA PAIN AT THE ADOLESCENTS  
WITH VIDEO MEDIA**

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**SUMMARY**

**Background :** *The problem that is often occurred in young woman during menstruation is dysmenorrhea pain. Dysmenorrhea pain is a menstrual disorder that is generally experienced by teenagers, the complaint that is felt pain in the lower abdomen extending to the back and thighs. Non-pharmacological therapy more is chosen because it is safer rather than pharmacological therapy, one of them is abdominal stretching exercise. Abdominal stretching exercise is a stretching exercise for the muscles, especially the abdominal area, that doing over 10 minute.*

**Method :** *The author chose to use video media because in the video there is information that can be educated about menstrual pain. With video media, teenagers can increase their knowledge in dealing with menstruation.*

**Result :** *The output is in the form of video media about abdominal stretching exercise as a simple way to reduce menstrual pain for sufferers, as an effort to increase public insight and explain the purpose of abdominal stretching exercise and how to do abdominal stretching exercise so that they are motivated to apply abdominal stretching exercise independently.*

**Conclusion :** *There is a decrease in menstrual pain in young women by using abdominal stretching exercise using video media. Abdominal stretching exercise are an effective way to reduce menstrual pain in young women using video media.*

**Keyword :** *Dysmenorrhea, Eeagers, Abdominal Stretching Exercise.*

