

"A POCKET BOOK ON OVERCOMING ADOLESCENT DESMINORE WITH ACUPRESSURE"

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SUMMARY

Background: Pocket books are learning resources that are included in print media. Where many teenagers are lazy to read. This pocket book contains materials that are practical, have an attractive appearance, are easy to carry anywhere, and are able to make students focus on learning. Pocket books are packed with various interesting writings and pictures so as to foster students' motivation to study the material in the pocket books. **Purpose:** The writing of this pocket book is expected to be able to increase knowledge in the community, especially teenagers and will be easier to understand and understand easily about how to deal with pain during dysmenorrhea. **Method:** The method of pocket book media with written content and pictures that is dedicated as a health education medium for treat desminorrhea in adolescents. **Results:** A pocket book entitled Overcoming Desminorrhea in Adolescents with Acupressure. **Conclusion:** A pocket book educational media has been created, entitled Pocket book to treat demsinorrhea in adolescents with acupressure

Keywords: Desminore, Teenagers, Akupressure