

ABDOMINAL STRETCHING TO REDUCE DISMENOEA PAIN IN ADOLESCENT WOMEN

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SUMMARY

Background: Adolescent women will experience menstruation which will feel complaints, one of which is *dismenorea*. *Abdominal stretching* is effective for reducing desminore pain in adolescents, because the *abdominal stretching* technique is carried out aiming to increase blood perfusion to the uterus and relax the uterine muscles, so that anaerobic metabolism does not occur, the *abdominal stretching* technique has movements that can stretch maintenance and develop flexibility or flexibility in the area abdomen to reduce the intensity of menstrual pain. **Purpose:** Making Communication, Information, Education (IEC) Media regarding *abdominal stretching* to reduce *dismenorea* pain in teenage women as a promotional medium for teenage women about what roles physiotherapists play in maintaining the quality of life of society, especially teenage women. **Method :** The method used in IEC media is in the form of a video produced as a health promotion implementation that can be used as a reference for physiotherapists and physiotherapy students. **Result:** The media produced from KIE in the form of this video can be watched directly by teenage women or the general public on the official YouTube program of study programs or campuses. **Conclusion:** KIE media is used as a medium for promotion, communication, information, education for teenage women about *abdominal stretching* to reduce *dismenorea* pain.

Keywords : *Dismenorea, Abdominal stretching*