

**EDUCATION ON DEEP BREATHING RELAXATION TECHNIQUES AS
AN EFFORT TO REDUCE THE INTENSITY OF DYSMENORRHEA IN
ADOLESCENT WOMEN THROUGH MEDIA VIDEO**

Nadia Nurul Fauziah¹ Rina Sri Widiyati²
202322170.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

SUMMARY

Background : *Dysmenorrhea is one of the main gynecological problems often experienced by women. The deep breathing relaxation technique is a treatment strategy that uses breathing to help young women reduce pain due to dysmenorrhea. From the research results, there is a significant relationship between deep breathing relaxation and reducing the intensity of menstrual pain.*
Methods : *The video title is "Are you experiencing dysmenorrhea? Let's overcome this with the Deep Breathing Relaxation Technique" created using the Canva and CapCut applications.*
Result : *The video media contains deep breathing relaxation techniques to reduce the intensity of dysmenorrhea pain. Three respondents gave an assessment of the video media work.*
Conclusion : *Video media was created as a medium for communication, information and education which is expected to increase understanding of young women in managing non-pharmacological therapy to treat dysmenorrhea.*

Keywords : *Dysmenorrhea, Young Women, Deep Breathing Relaxation Technique, Video*