

EDUCATION HOW TO COMBAT POVERTY AGAINST TEACHING TEENAGERS THROUGH VIDEO MEDIA

Sintha Amelia Sanada¹, Dewi Kartika Sari²

sinthaameliasanada80@gmail.com

^{1,2}Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Adolescence is the beginning of the reproductive process and marks to show the readiness of reproductive organ health in the years to come of reproduction. According to the Ministry of Health Survey (Kemenkes, 2023) 34.1% of adolescent respondents in Indonesia have had menarche in the age of 11-12 years. Then 27.2% have had it in the ages of 13-14 years, 5.4% have the first menstrual period in the years of 15-16 years, and 4.6% at age 9-10 years there is also a small 0.3% of adolescents who have had a new menstrual cycle in the days of 17-18 years.

Method: preparing a video using an after effects application which contains descriptive images about how to overcome anxiety in dealing with menstruation in teenagers. **Results:** Video exit entitled "how to prevent anxiety in the face of menstruation" of video duration 03.57 minutes with file size 105 MB. Tested trial on 3 adolescent respondents with video results acceptable, easy to understand and easy to see repeatedly. **Conclusion:** It can be concluded that external videos can spread information to the public to prevent anxiety in the face of menstruation in adolescents.

Keywords: menstruation, anxiety, video,,Educational