

# THE BENEFITS OF CINNAMON WINNING TO REDUCE DYSMENORHORE IN TEENAGE WOMEN WITH BOOKLET MEDIA

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## SUMMARY

**Background:** Dysmenorrhea is menstrual stomach cramps due to uterine muscle contractions during menstrual bleeding and can last 32 to 48 hours. This condition is considered normal during menstruation and is associated with varying degrees of pain. (Anjasari and Sari, 2020). The incidence of dysmenorrhea in adolescent girls in Lampung Province is estimated to be 1.12% -1.35%. (Sapti, L. L. 2023). Dysmenorrhea has a negative impact on the quality of life, disrupting daily activities, missing subjects or lectures. Efforts to overcome dysmenorrhea in adolescent girls are with non-pharmacological therapy, namely using cinnamon. According to Aisawa Dwi Utari's research, it proves that cinnamon has a significant effect on reducing pain during menstruation. This effort is carried out by providing information to adolescent girls using booklet media. **Method:** The information and education communication (KIE) output method used is a booklet created using the Canva application which contains education on giving cinnamon infusion for *dysmenorrhea* in young women. **Results:** IEC media produced a booklet entitled "Overcome dysmenorrhea when menstruation strikes, let's overcome menstrual pain by consuming cinnamon infusion" **Conclusion:** The booklet entitled "Overcome dysmenorrhea when menstruation strikes, let's overcome menstrual pain by consuming cinnamon infusion" was created for increasing knowledge, attitudes and behavior of young women in treating dysmenorrhea.

**Keywords:** Young Women, Cinnamon, Education, Booklet