

EDUCATION ON GIVING TURMERIC AND HONEY TO REDUCE DYSMENORRHEA PAIN IN YOUNG WOMEN THROUGH BOOKLET MEDIA

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SUMMARY

Background: Dysmenorrhea is a symptom of menstrual pain that occurs during menstruation so that it can interfere with daily activities. The systemic body complaints that occur when dysmenorrhea appears are back pain, fatigue, irritability, and sweating. Menstrual pain can also be accompanied by headaches, nausea, constipation or diarrhea and frequent urination, sometimes vomiting. Dysmenorrhea can be treated with several therapies, both pharmacological and non-pharmacological. In non-pharmacological therapy, one of them can be given turmeric and honey. One of the ingredients in turmeric is curcumin. Curcumin will work to inhibit the cyclooxygenase reaction which can inhibit or reduce the occurrence of inflammation so that it will reduce or even inhibit the occurrence of dysmenorrhea pain. Honey contains flavonoids which are substances that can inhibit the production of cyclooxygenase, so it can be used to relieve pain. **Objective:** creating Communication, Information, Education (KIE) Media about the benefits of turmeric and honey to reduce Dysmenorrhea Pain as a promotive media for teenagers and carrying out the role of Midwives in maintaining Teen Health. **Method:** the method used in IEC media is in the form of a booklet which is produced as a health promotion implementation which can be used as a reference for midwives or midwifery students. **Results:** The media produced from KIE is in the form of a booklet which can be read directly by young women and midwifery students. **Conclusion:** Booklets can be used as a media for promotion, communication, information, education for teenagers regarding reducing dysmenorrhea pain.

Keywords: Turmeric, Honey, Dysmenorrhea Pain