

## ACUPRESSURE GUIDE TO OVERCOME PAIN DURING MENSTRUATION USING EDUCATIONAL MEDIA BOOKLET

Nabilah Ladesma, Yuyun Triani  
[nabilaladesma0@gmail.com](mailto:nabilaladesma0@gmail.com)  
Universitas 'Aisyiyah Surakarta

### SUMMARY

**Background:** *Dysmenorrhea or menstrual pain is pain or cramps in the abdomen that occurs during menstruation experienced by women of productive age. Symptoms of dysmenorrhoea are moderate to strong abdominal pain, dizziness, low back pain, feeling nauseous, pain in the back area that can cause fainting. Acupressure therapy is a therapy that has been widely studied. Acupressure is a therapy given by giving massage or pressing certain points on the body. Acupressure has a fairly high success rate with little or no complications if the disorder is only functional, precise diagnosis, good technique and possible prognosis. In addition, acupressure is also easy to do at a low cost. **The objectives of the research:** Communication, Information, and Education is aimed at the application of acupressure to reduce menstrual pain. **Method:** The method used in Communication, Information, and Education is Booklet. **Results:** Output in the form of a booklet on the application of acupressure to reduce menstrual pain. **Summary:** the creation of Media Booklet to educate the public, especially adolescents and can be used as an alternative to reduce menstrual pain.*

**Keywords:** *Acupressure, menstrual pain*