

## EFFORTS TO REDUCE *DYSMENORRHEA* PAIN IN TEENAGE GIRLS WITH BENSON RELAXATION THROUGH VIDEO

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### SUMMARY

**Background:** Adolescence is an important transitional period characterized by numerous physical, psychological, and social changes. Menstruation is often accompanied by dysmenorrhea, menstrual pain that can disrupt daily activities and decrease productivity. According to the World Health Organization (WHO), more than 50% to 90% of women worldwide, with approximately 15% experiencing severe menstrual pain. Primary and secondary dysmenorrhea have different impacts on in quality of life of adolescent girls. **Objective:** This final project aims to provide understanding to young women about how to do benson relaxation as a non-drug complementary therapy through practical and easy-to-understand video media. **Method:** The development of an educational video entitled "Let's Overcome Menstrual Pain with the Benson Relaxation Technique". The video includes explanations of dysmenorrhea, its causes, symptoms, treatments, and a step-by-step guide to the Benson relaxation technique. The production process involved pre-production, production, and post-production stages, including a trial with three respondents. **Results:** The 15 minute 43 second video, 1,44 GB file presents educational content in an engaging and easy-to-understand manner. Trial results showed that the video was well-received, easy to comprehend, visually appealing, and effective in increasing adolescents' understanding of the Benson relaxation technique. **Conclusion:** The educational video on the Benson relaxation technique is effective as a means of Communication, Information, and Education (CIE) to help adolescents manage dysmenorrhea non-pharmacologically through a practical and accessible approach.

**Keywords:** Dysmenorrhea, Benson Relaxation, Adolescents women, Video