

**PEMBERIAN TEKNIK RELAKSASI NAFAS DALAM SEBAGAI UPAYA
MENURUNKAN SKALA DISMENOIRE PADA REMAJA MELALUI
MEDIA BOOKLET**

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SUMMARY

Background; *Dysmenorrhea is discomfort that occurs before and after menstruation. It's caused by an imbalance of the hormone progesterone in the blood, which often causes pain. Data from the Sragen Regency Health Office shows that the number of patients experiencing dysmenorrhea at the local community health center (Puskesmas) increases annually. If not treated promptly, it can cause severe pain and disrupt activities. Therefore, the author has compiled a step-by-step guide to implementing Deep Breathing Relaxation by creating a booklet.***Objective;** *The purpose of creating this media is to increase understanding of the benefits of deep breathing relaxation and important things to pay attention to when practicing it.***Method;** *Using a booklet media created by the Canva application with a total of 16 pages with the title "Overcome Menstrual Pain with Easy & Effective Deep Breathing Relaxation".***Results;** *The output of this final project is a booklet media "Overcoming Menstrual Pain with Deep Breathing Relaxation".***Conclusion;** *The booklet media "Overcome Menstrual Pain with Easy & Effective Deep Breathing Relaxation" is expected to provide benefits to young people, especially young women, so they can obtain information on how to relieve pain during menstruation.*

Keywords: *Dysmenorrhea, Adolescents, Deep Breathing Relaxation, Booklet*