

## PHYSICAL ACTIVITY AS AN EFFORT TO REDUCE DYSMENORRHEA USING VIDEO MEDIA

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### SUMMARY

**Background:** Dysmenorrhea is a discomfort that women often experience during menstruation. This menstrual pain can cause discomfort, reduce productivity, and even force individuals to rest and leave activities for several hours or even days, so it requires treatment. Physical activity or light exercise is proven to be safer and can be done independently to sing menstrual pain. **Objective:** Making Media Communication, Information Education (IEC) about physical activity as a promotive media in teenagers to reduce menstrual pain or dysmenorrhea. **Methods:** The output method of Communication, Information and Education (IEC) is in the form of a video made using Canva and Capcut Pro applications which contains education about physical activity to reduce menstrual pain or dysmenorrhea. **Results:** Creation of IEC media with the title "Physical Activity As An Effort To Reduce Dysmenorrhea Using Video Media". **Conclusion:** Video can be used as a medium of promotion, communication, information, education about physical activity to reduce menstrual pain.

Keywords: Physical Activity, Dysmenorrhea, Menstrual Pain