

**EDUCATIONAL VIDEO MEDIA ABOUT GREEN COCONUT WATER TO
REDUCE DYSMENORRHEA**

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SUMMARY

Background: Pain felt before or during menstruation and lasting several hours is still experienced by many adolescent girls. The impact of this pain is a serious problem and requires treatment. Green coconut water, compared to other types of coconut, contains the highest levels of tannin, an antidote (anti-venom). Green coconut water can reduce menstrual pain in adolescents experiencing menstrual pain. The chemicals contained in green coconut water are anti-inflammatory substances that help relieve pain caused by menstrual cramps. **Objective:** This video was created as an educational tool to provide information about consuming green coconut water to reduce dysmenorrhea pain.

Method: The video was created using Canva and CapCut.

Results: The video, titled "Educational Video About Green Coconut Water to Reduce Dysmenorrhea," has a duration of 4:52 minutes.

Conclusion: This video about green coconut water to reduce dysmenorrhea was created to educate adolescents about consuming green coconut water.

Keywords: Menstrual Pain (Dysmenorrhea), Green Coconut Water, Video