

EDUCATIONAL VIDEO MEDIA ABOUT WARM COMPRESS TO REDUCE MENSTRUAL PAIN IN ADOLESCENT GIRLS

Rahma Nur Khotimah¹, Siska Ningtyas Prabasari²

Bachelor of Midwifery, Faculty of Health Sciences

'Aisyiyah University, Surakarta

Email: nkrahma5@gmail.com

SUMMARY

Background: Most women experience pain and discomfort during menstruation. This condition is known as dysmenorrhea. Dysmenorrhea occurs due to increased prostaglandin production before menstruation, which triggers uterine muscle contractions and pressure on the surrounding blood vessels. One simple recommended treatment is applying a warm compress to the lower abdomen. In this context, video media plays an important role as an educational tool because it can clearly and easily demonstrate the steps for using a warm compress, especially for adolescent girls, thus facilitating self-management for menstrual pain. **Objective:** To create a video media about warm compresses to reduce menstrual pain in young women **Method:** The output of the video was created using the Canva application in its preparation. The video media then went through a revision process, input from the supervisor and three respondents as well as improvements from the author. **Results:** The video media contains a 7 minute 07 second file with a file size of 157 mb entitled "Warm Compresses to Reduce Menstrual Pain in Young Women" which contains information about the benefits of warm compresses in reducing menstrual pain and has Intellectual Property Rights (IPR). The video content includes the video title, the content of the material discussed and the references used. **Conclusion:** The implementation of a video on warm compresses to reduce menstrual pain as a promotional and educational tool has been implemented, engaging readers and accessible anywhere.

Keywords: *Menstrual Pain, Warm Compresses, Video Media*