

**EDUCATIONAL INTERVENTION OF WILLIAM'S FLEXION  
EXERCISE TO REDUCE MENSTRUAL  
PAIN IN ADOLESCENTS**

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**SUMMARY**

**Background:** Dysmenorrhea is a condition marked by lower abdominal pain that typically arises before or during menstruation and often interferes with daily activities. One of the non-pharmacological methods that can be applied to reduce menstrual pain is William's Flexion Exercise. **Objective:** This study aims to develop an educational medium in the form of a video demonstrating William's Flexion Exercise as an effort to relieve menstrual pain in adolescents. **Method:** The approach used was health education through an animated video created with the Canva application. **Results:** The final product was an audiovisual video entitled "Educational Intervention on William's Flexion Exercise to Reduce Menstrual Pain in Adolescents through Video Media", with a duration of 6 minutes 40 seconds and a file size of 108 MB. The video was tested with three respondents and was found to be understandable, engaging, and feasible to be used as an educational medium. **Conclusion:** Video-based education has proven to be an effective alternative in delivering reproductive health information, particularly regarding William's Flexion Exercise as a technique to reduce dysmenorrhea in adolescents.

Keywords: Dysmenorrhea, William's Flexion Exercise, Educational Video