

# EDUCATIONAL VIDEO MEDIA ABOUT PILATES EXERCISE FOR REDUCE PAINFUL PERIOD

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## SUMMARY

**Background:** Some women have experienced pain during menstruation, which in medical terms is called dysmenorrhea. Based on the presence or absence of abnormalities or causes, menstrual pain is divided into two, namely primary dysmenorrhea and secondary dysmenorrhea. Primary dysmenorrhea is defined as painful menstruation in women with normal pelvic anatomy, usually starting during adolescence. It is characterized by pelvic pain that begins shortly before or at the beginning of menstruation and lasts 1-3 days. Efforts to overcome primary dysmenorrhea require integrated and comprehensive treatment, because in general it can interfere with daily activities. One way to overcome it is with Pilates exercises that emphasize body balance through core strength.

**Objective:** to compile media in the form of videos to increase knowledge about Pilates exercises to reduce menstrual pain . **Method:** The description of the video output entitled "Pilates exercises to reduce menstrual pain" was created using the software application, namely *Canva* and provided with animated images and supporting music that aims to increase reader appeal . The video educational media then went through a revision stage, input from the supervisor and 3 respondents and improvements from the author. **Results:** The video educational media contains a 5 minute 58 second file with a size of 59 MB entitled "Video Educational Media about Pilates Exercise to Reduce Menstrual Pain" which contains information about and has Intellectual Property Rights (IPR). The video content includes the video title, the content of the material discussed, the benefits of Pilates exercise to reduce menstrual pain and the references used . **Conclusion:** A video educational media has been compiled about Pilates exercise to reduce menstrual pain as a promotional and educational media that attracts readers and can be accessed anywhere.

**Keywords:** *Teenagers, Dysmenorrhea Primary, Pilates Exercise*