ABSTRACT

The Application of Pelvic Rocking Exercise to Reduce Dysmenorrhea Pain in Adolescent Girls

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SUMMARY

Background : Adolescence is a transitional phase marked by biological changes, one of which is the menstrual cycle. Many young women experience menstrual pain or dysmenorrhea, which can disrupt daily activities and cause physical discomfort. One effective non-pharmacological treatment is *Pelvic Rocking Exercise*, a pelvic floor movement exercise that can stimulate endorphins as a natural analgesic to reduce pain intensity. This exercise includes techniques using standing, sitting, using a ball, and lying down. **Purpose** : To help young women understand and apply *Pelvic Rocking Exercise* as an independent effort to reduce the intensity of dysmenorrhea pain. **Methods:** This project is the development of a pocketbook-based KIE media based on a literature review and relevant research findings on the effectiveness of Pelvic Rocking Exercise. **Results:** The pocketbook-based KIE media, entitled " The Application of Pelvic Rocking Exercise to Reduce Dysmenorrhea Pain in Adolescent Girls" was selected as a health promotion medium targeting adolescent girls.

Keywords: Pelvic Rocking Exercise, Dysmenorrhea, Adolescent Girls.