EDUCATION ON CAT STRETCH EXERCISE YOGA POSE TECHNIQUES TO REDUCE MENSTRUAL PAIN (DYSMENORRHEA) IN ADOLESCENT GIRLS THROUGH VIDEO MEDIA

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SUMMARY

Background: *Dysmenorrhea is menstrual pain widely experienced by adolescent girls, with a prevalence in Indonesia reaching 72,89%, and over half (54%) affecting adolescent girls, while 2.518.867 adolcents girls in Central Java experience it.* ***Objective:*** *This project aims to provide education on the Cat Stretch exercise technique as a non-pharmacological approach to reduce menstrual pain intensity through video media.* ***Method:*** *The development of Communication, Information, and Education (CIE) media in video format involved pre-production, production, and post-production stages, including trials with three adolescent girl respondents.* ***Result:*** *The resulting education video, titled "Let's Overcome Menstrual Pain (Dysmenorrhea) with Yoga Cat Stretch Exercise Pose for Adolescent Girls," has a duration of 3 minutes (file size 206 MB), presenting informative material and practical yoga movement demonstrations.* ***Conclusion:*** *The development of this engaging and easy-to-understand educational video is effective in addressing the lack of information access regarding independent dysmenorrhea management, enabling adolescent girls to practice this relaxation technique when experiencing menstrual pain routinely.*

Keywords: *Dysmenorrhea, Adolescent Girls, Cat Stretch Exercise Pose*