EFFORTS TO IMPROVE ADOLESCENT GIRLS' KNOWLEDGE ABOUT WARM COMPRESS FOR DYSMENORRHEA PAIN THROUGH BOOKLET MEDIA

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SUMMARY

Background: *Dysmenorrhea is a common physical disorder during menstruation experienced by women, around 67% to 90% at the age of 17 to 24 years. A total of 59,671 people (54.89%) experienced primary dysmenorrhea, while 9,496 people (9.36%) suffered from secondary dysmenorrhea. Most women do not know the correct way to handle it, namely with non-pharmacological methods.* ***Objective:*** *To produce a booklet media with the title "Pain Free During Menstruation: Overcome Dysmenorrhea with Warm Compresses" to increase the knowledge of young women about handling dysmenorrhea with warm compress methods.* ***Method:*** *The process of making this booklet was made using the Canva application. This booklet is a media to increase the knowledge of young women about handling dysmenorrhea with warm compress methods by attaching a glass bottle filled with water at a temperature of 45oC for 20 minutes.* ***Results:*** *This booklet-based IEC media is entitled "Pain-Free During Menstruation: Overcoming Dysmenorrhea with Warm Compresses" and consists of 20 pages, using Poppins and Spartan League fonts, which contain information on treating dysmenorrhea with warm compresses.* ***Conclusion:*** *The booklet media aims to facilitate the delivery of information on treating dysmenorrhea to adolescent girls.*

Keywords : *Booklets, Dysmenorrhea, Teenage Girls, Warm Compresses*