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***THE INFLUENCE OF CALENDAR MEDIA ON KNOWLEDGE TO
PREVENT MENSTRUAL PAIN (DYSMENORRHEA) IN YOUNG WOMEN
AT THE VILAGGE OF SEKEJATI BANDUNG CITY***

ABSTRACT

XII, 100 Page, 5 Chapter, 2 Chart, 3 Table, 15 Attachment

Menstruation is a female reproductive cycle. Menstruation is usually accompanied by dysmenorrhea which can interfere with adolescent activities and reduce the individual's quality of life. In Indonesia, the incidence of primary dysmenorrhea is 54.89%. Dysmenorrhea itself if not handled quickly and appropriately can have an impact on activities for women, especially for young women. Knowing the effect of calendar media on knowledge in the prevention of menstrual pain. This study used a pre-experimental design with a one-group pre-test-post-test without control with a sample of 57 respondents in a population of 855. The data analysis used was univariate analysis and bivariate analysis using the Paried T-test test to prove the research hypothesis. The average knowledge score of young women before being given calendar media was 73.68. And the average knowledge score of young women after being given calendar media is 95.61 with a P value of (0.000). There is a significant effect between calendar media and the knowledge of young women about preventing menstrual pain (dysmenorrhea).

Key words: *Calendar Media, Menstrual Pain Prevention Knowledge, Young Women*