THE EFFECT OF EDUCATION USING ANIMATED VIDEO MEDIA ON KNOWLEDGE AND ATTITUDES TOWARD MENSTRUAL PAIN (DYSMENORRHEA) AMONG SEVENTH-GRADE FEMALE STUDENTS AT SMP NEGERI 28 MALANG CITY

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ABSTRACT

Menstrual pain (*dysmenorrhea*) is a reproductive health problem commonly experienced by adolescent girls during puberty and may interfere with learning activities and overall quality of life. Initial assessment among seventh-grade female students at SMP Negeri 28 Malang City revealed limited knowledge and less favorable attitudes regarding the prevention of menstrual pain, which hindered the independent adoption of preventive behaviors. Therefore, effective and easily understood health education is required, one of which can be delivered through animated video media. This study aimed to examine the effect of animated video-based education on knowledge and attitudes regarding menstrual pain (*dysmenorrhea*) among seventh-grade female students at SMP Negeri 28 Malang City. This study employed a pre-experimental design with a one-group pretest–posttest approach involving 47 female students selected using total sampling. The research instruments consisted of a knowledge questionnaire and a Likert-scale attitude questionnaire, both of which had been tested for validity and reliability. Data were analyzed using the Wilcoxon signed-rank test with a significance level of 0.05. The results showed an improvement in knowledge from a moderate category (68.09%) to a good category (95.74%), with mean scores increasing from 67.59 to 92.93. In addition, positive attitudes increased from 48.94% to 78.72%, with mean scores rising from 45.08 to 58.80. The Wilcoxon signed-rank test indicated a *p*-value of 0.000 for the knowledge variable and 0.001 for the attitude variable. This study recommends that schools and healthcare providers integrate animated video-based education as a sustainable reproductive health education strategy to improve health literacy among adolescent girls.

Keywords: animated video education, knowledge and attitudes, menstrual pain.