

GIVING GREEN COCONUT WATER TO MENSRUAL PAIN IN ADOLESCENTS

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SUMMARY

Latar belakang : In Indonesia, the incidence of menstrual pain is estimated thatb 55% of productive women are tormented by menstrual pain. The incidence of menstrual pain in central Java Reaches 58%. Womwn who experience menstrual pain have prostaglandin levels that are 5-13 times higher than woman who do not experience menstrual pain. Green coconut which contains vitamin C can accelerate reducing menstrual pain in adolescents during menstruation which is very effective beside using antibiotics. Healing of menstrual pain can consume with a size of 250 ml for 2 times a day morning and evening awaited for 2 hours. **Aim :** increase knowledge to the community, especially adolescents to reduce menstrual pain during adolescence.