

CARROT JUICE TO REDUCE DYSMENORRHEA PAIN IN ADOLESCENTS

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SUMMARY

Introduction: *Dismenorrhea* is a medical condition that occurs during menstruation or menstruation that can interfere with activity and need treatment. *Dismenorrhea* is characterized by pain or pain in the abdominal or pelvic area. In general in Indonesia, an estimated 55% of productive women are tormented by *dismenorrhea*, in Central Java up to 56% of women experience *dismenorrhea* during menstruation. The pain of *dismenorrhea* can be oversized by using a non-pharmacological method of consuming carrot squeeze water. **Purpose:** to publish the results of research that has been done by previous researchers namely Carrot squeeze water to reduce *dismenorrhea* pain in adolescents. **Method:** The method used is to create an outer pocketbook for publication and interest in public reading. **Result:** Carrot squeeze water is consumed by adolescents who are undergoing *dismenorrhea* on the 1st and 2nd day of menstruation, taken 2 times a day for 2 days. **Conclusion:** After being given carrot squeeze water in adolescents who are menstruating pain there is an effect on *dismenorrhea* pain in adolescents.

Keywords: *Teenager, Dysmenorrhea, Carrot Juice*