

THE IMPLEMENTATION OF RED GINGER COMPRESS TO OVERCOME DYSMENORRHEA AMONG FEMALE TEENS IN SMA NEGERI 2 SRAGEN

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ABSTRACT

Background: Teenagers who have experienced menstruation can also experience dysmenorrhea, a pain emerged in the lower abdomen during menstruation. The rate of dysmenorrhea occurrence in Indonesia is pretty high, around 54,89% among productive age. Observation was conducted on 5 female students from SMA Negeri 2 Sragen, result showed that 80% of them experienced dysmenorrhea. Dysmenorrhea has the impact for female teen as disruption to perform daily activities and decreasing students' achievement. To reduce dysmenorrhea, one can implement non-pharmacology technique with red ginger compress. ***Aim:*** To describe the difference on the result on dysmenorrhea pain measuring scale, before and after the use of red ginger compress among female students in SMA Negeri 2 Sragen. ***Method:*** The study employed descriptive quantitative method with one group pretest posttest design. ***Result:*** The study showed that respondents experienced dysmenorrhea pain in moderate and low level of severity before implementing red ginger compress. After the implementation of red ginger compress, respondents admitted to experience low level of dysmenorrhea pain and no pain at all. ***Conclusion:*** There is difference on pain scale between before and after implementing red ginger compress to overcome dysmenorrhea.

Keywords: Red Ginger Compress, Mensturation, Dysmenorrhea