

# THE EFFECT OF GIVING CARROT JUICE ON DECREASING DEGREES OF DYSMENORRHEA IN ADOLESCENT WOMEN

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## ABSTRACT

**Background :** *During menstruation, most women feel pain or cramps in the lower abdomen which is often called dysmenorrhea. Dysmenorrhea can be reduced by pharmacological and non-pharmacological means. One of the non-pharmacological ways that can be done is by consuming wawel juice, because carrots contain beta-carotene which can block or block the hormone prostaglandin in the body. Objective: to determine the effect of giving carrot juice to reduce the degree of dysmenorrhea in young women. Methods: This type of research is a pre-experimental design with one group pre-test post-test. The population used was all students in class VIII and IX at SMP Islam Amanah Ummah Mojolaban, totaling 83 people with a sample of 21 people which was found from the calculation of the federer formula. Results :smaller than  $\alpha(0.005)$  which means that there is an effect of giving carrot juice to reduce the degree of dysmenorrhea in young women. Conclusion: there is a decrease in the level of dysmenorrheal pain in young women at the Islamic Middle School Amanah Ummah Mojolaban after being given an intervention in the form of giving carrot juice.*

**Keywords :** *Teenagers, Dysmenorrhoea, Carrot juice*