

THE EFFECT OF GIVING GREEN COCONUT WATER ON REDUCING DYSMENORRHEA IN ADOLESCENTS

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ABSTRACT

The prevalence of dysmenorrhea in Indonesia is 107,673 women (64.25%), with 59,671 women (54.89%) suffering from primary dysmenorrhea and 9,496 women (9.36%) suffering from secondary dysmenorrhea. Meanwhile, the incidence rate of dysmenorrhea in Central Java is 56%, and in Klaten Regency it reaches 68.4%. Dysmenorrhea in adolescents disrupts daily activities. Green coconut water can be an alternative non-pharmacological treatment for dysmenorrhea. Green coconut water contains calcium and magnesium, which can reduce muscle tension, and vitamin C, which helps reduce menstrual cramps by inhibiting the enzyme cyclooxygenase, which plays a role in the reduction of prostaglandins. **Objective:** To determine the effect of green coconut water on the reduction of dysmenorrhea in adolescents. **Method:** This quantitative study used a pre-experimental design, specifically a one-group pretest-posttest type. The sample size was 25 adolescent girls selected using a simple random sampling technique. Data collection tools included observation sheets and NRS questionnaire sheets, while data analysis was performed using the Wilcoxon test. **Results:** Based on the analysis using the Wilcoxon Signed Rank Test, a significance value of 0.000 ($p < 0.05$) was obtained, indicating that the alternative hypothesis (H_a) is accepted. **Conclusion:** There is a difference in the dysmenorrhea pain level before and after the administration of green coconut water, suggesting that green coconut water has an effect on reducing dysmenorrhea in adolescents.

Keywords: *Green Coconut, Dysmenorrhea, Adolescents*