

**THE EFFECT OF GREEN COCONUT WATER ON THE REDUCTION OF
DYSMENORRHOEA IN FEMALE STUDENTS AT MTS DARUL HUDA
LUBUK HARJO**

Rusmiati

Enny Yuliaswati, S.SiT., M.Keb
rusmiyati5353@gmail.com
'Aisyiyah University, Surakarta

ABSTRACT

Background: 90% of women in Indonesia have experienced menstrual pain. Various treatments for dysmenorrhea that can be carried out by female students and their families include pharmacological and non-pharmacological treatments. Pharmacological treatment is carried out by consuming drugs and non-pharmacological treatment which can be done to treat dysmenorrhoea pain is with complementary medicine or alternative medicine using herbal medicine, one of which is green coconut water. Green coconut water (*Cocos Nucifera* Linn Var. *Viridis*) is a nutrient-dense drink because it is rich in chemicals such as calcium, magnesium, vitamin C, protein and fat. **Objective:** To determine the effect of green coconut water on reducing dysmenorrhea in female students at MTS Darul Huda Lubuk Harjo. **Methods:** This research uses a "pre-experimental" research method with a "One Group Pre-Post Test Design" research design. The population in this study were female students with a total of 117 female students. The sampling technique used was purposive sampling with the number of samples used being 30 respondents. **Results:** the results of the Wilcoxon test in this study showed a value of $0.000 < 0.05$. **Conclusion:** there is a significant effect of green coconut water on reducing dysmenorrhea.

Keywords : Green Coconut Water, Dysmenorrhea