

**THE EFFECT OF GIVING RED GINGER ON REDUCING MENSTRUAL
PAIN (DYSMENORRHEA) IN STUDENTS
AT SMP NEGERI 1 BUMI AGUNG**

Fhina Erdiana Putri¹, Enny Yuliaswati²
202322045.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRAC

Background: Dysmenorrhea is a medical condition that occurs during menstruation which can interfere with daily activities and requires treatment which is characterized by pain or tenderness in the lower abdomen to the waist. Dysmenorrhea is caused by an increase in the hormone Prostaglandin. Dysmenorrhea can be treated with several therapies, both pharmacological and non-pharmacological. Pharmacological therapy can include analgesics, antipyretics, hormonal therapy and drugs. Meanwhile, non-pharmacological therapy can be given through exercise, relaxation, warm compresses and ginger. Red ginger has properties that can give a warm feeling to the body, anti-rheumatic, anti-pain and anti-inflammatory. Compounds such as shagaol and gingerol contained in red ginger can help reduce pain. **Purpose:** This research aims to analyze the effect of administering red ginger on reducing menstrual pain (dysmenorrhea) in female students at SMP Negeri 1 Bumi Agung. **Research Method:** This type of research is pre-experimental using a one group pretest posttest design with a sample size of 30 respondents. **Results:** The results of the Wilcoxon test before and after treatment showed a p value of $0.000 < 0.05$. **Conclusion:** The results of research on giving boiled red ginger water to female students at SMP Negeri 1 Bumi Agung show that there is an effect of giving boiled red ginger water on reducing dysmenorrhoea pain.

Keywords: Red Ginger, Dysmenorrhea Pain