

**THE EFFECT OF RED GINGER BOILED WATER ON REDUCING
DYSMENORRHEA IN FEMALE STUDENTS OF PUBLIC JUNIOR HIGH SCHOOL 1
BELITANG MADANG RAYA EAST OKU DISTRICT SOUTH SUMATRA**

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ABSTRACT

Background: When menstruating, women will sometimes experience pain, where the nature and extent of the pain varies, ranging from mild to severe. This condition is called dysmenorrhea, which is a condition of severe pain and can interfere with daily activities. Dysmenorrhea is a symptomatic phenomenon including abdominal pain, cramps and back pain. Dysmenorrhea or menstrual pain can interfere with a person to carry out activities and, unable to carry out daily activities such as not working or going to school. Women who experience severe menstrual pain can cause disruption to daily activities including school, college and work. For school-age adolescents, this dysmenorrhea problem can cause school absences and disruption of teaching and learning activities. **The objective of the research:** To determine the effect of giving red ginger boiled water on reducing the intensity of dysmenorrhea in female students of SMP Negeri 1 Belitang Madang Raya, East Oku Regency, South Sumatra. **Methods:** The type of research used is Pre-experiment with one group pretest-posttest design. **Results:** Based on the results of the data test using the wilcoxon test obtained $p = 0.00$ smaller than 0.05 , it means that there is an effect of red ginger water decoction on reducing dysmenorrhea in junior high school students of 1 Belitanga Madang Raya East OKU Regency. **Summary:** There is an effect of red ginger water decoction on the decrease of dysmenorrhea in students of SMP Negeri 1 Belitang Madang Raya, East Oku Regency, South Sumatra.

Keywords: Menstruation, Dysmenorrhea, Red Ginger Water