THE EFFECT OF GIVING DARK CHOCOLATE ON DECREASED LEVEL OF DYSMENORRHEA PAIN IN FEMALE STUDENTS MA AL MA'MUR BANJARSARI WONOSOBO DISTRICT TANGGAMUS

Rihla Helsi Amara, Sri Handayani

rihlahelsiamara@gmail.com

'Aisyiyah University Surakarta

ABSTRACT

Background: Dysmenorrhea is the pain experienced in the lower abdomen during menstruation that can disrupt daily activities. One non-pharmacological approach to managing dysmenorrhea is consuming dark chocolate. Dark chocolate can stimulate the brain to release endorphins, which function to inhibit pain impulses. **Objective:** To determine the effect of dark chocolate on reducing dysmenorrhea pain levels in female students at MA Al Ma'mur Banjarsari, Wonosobo District, Tanggamus. **Method:** This study employs a quantitative approach with a one group pretest-posttest design. The population consists of all female students at MA Al Ma'mur Banjarsari who experience dysmenorrhea, with a sample size of 20 individuals. The sampling technique used is Simple Random Sampling. The research instrument is the Numeric Rating Scale (NRS). Data analysis is conducted using the Wilcoxon Signed Rank Test. **Results:** The average dysmenorrhea pain level before consuming dark chocolate was 3.55. After consuming dark chocolate, the average pain level decreased to 1.30. Statistical testing yielded a p-value of 0.000, which is less than 0.05, indicating that H0 is rejected and Ha is accepted. This means there is a significant effect of dark chocolate on reducing pain levels in dysmenorrhea among the female students at MA Al Ma'mur Banjarsari. **Conclusion:** There is a significant effect of dark chocolate on reducing dysmenorrhea pain levels, as evidenced by the p-value (0.000) being less than the alpha level (0.05).

Keywords : *Dark Chocolate, Menstruation, Adolescent*