

EFFECT OF GIVING GREEN COCONUT WATER AGAINST THE DECLINE OF DYSMENORHE IN TEENAGE WOMEN

Luthfi Nur Azizah¹, Rita Riyanti Kusumadewi²

Luthfi.students@aiska-university.ac.id

Universitas Aisyiyah Surakarta.

ABSTRACT

Background: Menstual pain that is medically kwon as dysmenorrhoea is acommon and problem that affects most women, according to data of the World Health Organization (WHO) by 2020 90% of women suffer from dysmenoorhea is quilte high 54,9%, impact of diysmenorhe is disturbed concentration, missing lessons in school. One of the traditional non-pharmacological can be done to deal with pain is dysmenorrhoea is by consuming greean coconut water, because green cocoa water contains vitamin C, protein, folic acid, calcium, magnesium that have a role to help telieve menstrual pain. **Objective:** To find out the effect of giving green coconut water on the reduction of dysmenorhe pain in teenage daughters. **Methods:** This type of research is a pre-ekperimental one-group pretest-postest design with a sample of 26 respondents. The research tools used in this data collection are questionnaires, observation, sheets, numeric rating scale measurrements , data processes using Wilcoxon test and intervention of green coconut water given in the morning and afternoon for day with a dose 1 glass containing 250ml of greean coconut water. **Result:** Before intervention there was an average of 4.65 an after intervention a average of 3.19 where there was a reduction in pain Of 1.46 obtained P-value of $0,00 < 0,05$. **Conclusion:** There is an effect of giving green coconut water on decreasing dysmenorrhoea is teenage daughters.

Keywords: greean coconut water, dysmenrhoea