

**THE EFFECT OF RED GINGER TO REDUCE THE INTENSITY OF  
DYSMINORHEA PAIN IN ADOLESCENT GIRLS  
IN SEMANGAU VILLAGE**

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**ABSTRACT**

**Background:** In adolescence, there are physiological changes characterized by menstruation and hormonal changes characterized by an increase in prostaglandin hormones, this can trigger uterine contractions and if excessive, it will cause pain or called dysmenorrhea. This can cause discomfort in carrying out activities. Red ginger contains oleoresin which can reduce pain. **Objective:** To determine the effect of red ginger decoction on reducing the intensity of dysmenorrhea pain in adolescent girls. **Research Method:** Pre Experiment with a pretest posttest one group design, consecutive sampling, a sample of 20 respondents, instrument NRS pain scale and Wilcoxon test. The intervention of fresh red ginger as much as 15 grams boiled in 400ml for 30 minutes then shrank to 200ml, evaluation was carried out after 2 hours of intervention. **Results:** The results of the wilcoxon test have a p value of  $0.000 < 0.05$  which means that there is an effect of red ginger decoction on reducing the intensity of dysmenorrhea pain in adolescent girls. **Conclusion:** Red ginger decoction reduces the intensity of dysmenorrhea pain in adolescent girls.

*Keywords: Adolescent , Pain, Dysmenorrhea and Red Ginger*