

**THE EFFECT OF GIVING CARROT JUICE ON REDUCING THE  
DEGREE OF DYSMENORRHEA IN ADOLESCENT FEMALES IN  
JATIYOSO VILLAGE**

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**ABSTRACT**

**Background:** Dysmenorrhea is menstrual pain caused by increased prostaglandins, which can develop into a pathological condition if left untreated. Carrot juice, rich in beta-carotene and vitamin E, is a safe, non-pharmacological alternative for pain relief. Preliminary research in Jatiyoso Village indicates that many adolescent girls experience dysmenorrhea, so this study aimed to determine the effect of carrot juice on reducing the severity of dysmenorrhea in the area.

**Objective:** To determine the effect of giving carrot juice on reducing the degree of dysmenorrhea in adolescent girls. **Method:** Quantitative research using the experimental method used is Pre-Experimental Designs with a one group pretest-posttest design approach. The sample used was 24 respondents. This study was conducted on April 25 - May 22, 2025 in Jatiyoso Village. **Results:** The Wilcoxon test obtained a Z value = -3.779b where the Z value shows a negative value (-) which means that the more treatment is given, the less pain is experienced, the p value is 0.000 where  $0.000 < 0.05$ . **Conclusion:** There is an effect of giving carrot juice on reducing the degree of dysmenorrhea in adolescent girls in Jatiyoso Village.

**Keywords:** Dysmenorrhea, Pain, Adolescents, Carrot