

**THE EFFECT OF GIVING PEPPERMINT AROMATHERAPY ON  
REDUCING THE INTENSITY OF DYSPMINORE IN  
ADOLESCENTSAT SMP MUHAMMADIYAH  
10 SURAKARTA**

Unita Waras<sup>1</sup>, Kamidah<sup>2</sup>  
[unitawaras.students@aiska-university.ac.id](mailto:unitawaras.students@aiska-university.ac.id)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** Dysmenorrhea is a common complaint experienced by adolescents and can interfere with daily activities, such as disrupting the learning process. The prevalence of dysmenorrhea in adolescents in Central Java Province reaches 56%. Treatment of dysmenorrhea varies, from being left alone to taking medication without supervision. One non-pharmacological therapy that can be used to overcome dysmenorrhea is peppermint aromatherapy. The menthol content in it can relax muscles, thereby helping to reduce the intensity of menstrual pain. In addition, peppermint also functions as a non-opioid analgesic and local anesthetic, which can effectively relieve symptoms of dysmenorrhea. **Objective:** To determine the effect of peppermint aromatherapy on reducing the intensity of dysmenorrhea in SMP Muhammadiyah 10 Surakarta. **Method:** Pre-experimental research with a one group pretest posttest research design with a population of 23 female students, sample 23. The intervention was carried out by dripping 3 drops of oil on a tissue, then inhaled for 10 minutes from a distance of about 2 cm. Analysis test with the Wilcoxon test. **Results:** The average dysmenorrhea decreased from 4.61 to 1.78 with a decrease of 2.83. Statistical analysis obtained a p-value of 0.000 (<0.05). **Conclusion:** There is an effect of peppermint aromatherapy on reducing the intensity of dysmenorrhea in SMP Muhammadiyah 10 Surakarta.

**Keywords:** Dysmenorrhea, Peppermint Aromatherapy