THE EFFECT OF GINGER DECOCTION (ZINGIBER OFFICINALE) ON THE REDUCTION OF DYSMENORRHEA IN ADOLESCENT GIRLS

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ABSTRACT

Background: *Dysmenorrhea is a common menstrual pain experienced by adolescent girls, marked by discomfort in the lower abdomen, back, and waist. One of the main causes is elevated prostaglandin levels, which trigger excessive uterine contractions. If left untreated, it can interfere with daily activities. Non-pharmacological treatments such as consuming ginger decoction (Zingiber officinale) are considered safe and effective due to their analgesic and anti-inflammatory properties.* ***Objective:*** *To determine the effect of ginger decoction on reducing dysmenorrhea in adolescent.* ***Methods:*** *This study used a pre-experimental design with a one-group pretest-posttest approach. A total of 30 adolescent were selected using total sampling. Pain intensity was measured using the Numerical Rating Scale (NRS). The intervention involved administering 200 ml of ginger decoction twice daily during the first two days of menstruation. Data were analyzed using the Wilcoxon Signed Rank Test.* ***Results:*** *Before the intervention, most respondents had pain scores between 4–8. After the intervention, scores decreased to a range of 0–6. Wilcoxon test results showed Z=-4.723 and p=0.000 (p < 0.05), indicating a significant effect.* ***Conclusion:*** *Ginger decoction (Zingiber officinale) can be an effective non-pharmacological alternative to reduce dysmenorrhea in adolescent girls.*

Keywords: *Dysmenorrhea, Ginger Decoction, Adolescent Girls*