

ABSTRACT

*Menstrual pain is abdominal pain originating from uterine cramps that occur during menstruation that cause muscles to tense and cause pain or pain. The incidence of menstrual pain in Indonesia is quite large, namely 64.25% of women experience menstrual pain which causes unable to carry out activities optimally and this will reduce the quality of life of each individual. Empirrit ginger contains gingerols that can block prostaglandins, while the flavonoid content in honey can control uterine smooth muscle so that it can reduce pain during menstruation. **The purpose** of this study was to determine the effect of empirrit ginger decoction and honey on reducing menstrual pain in junior high school students in Jumapolo Junior High School 1. **This research method** is a quantitative method of preexperimental design, with One Group Pretest Posttest Design research design. The number of samples used was 32 grade VIII students of SMP N 1 Jumapolo using the Probability Sampling technique with the Simple Random Sampling method. The tool collected data using observation sheets and NRS questionnaire sheets, while data analysis used the Wilcoxon test. **The results of this study** were obtained from data analysis with the Wilcoxon test with $\alpha = 0.05$ obtained a p-value of 0.001 where $0.001 < 0.05$ this means that there is an effect of giving empirrit ginger decoction and honey on reducing menstrual pain in grade VIII students of SMP N 1 Jumapolo.*

Keywords : decoction of empirrit ginger, honey, menstrual pain, dysminorea, junior high school student