

ABSTRACT

Background: In Indonesia, it is estimated that about 55% of women of productive age experience dysmenorrhea, with the incidence rate ranging from 45-95%. The incidence of primary dysmenorrhea in Indonesia is approximately 54.89%, while secondary dysmenorrhea accounts for 45.11%. Central Java has an overall incidence rate of 56%, and the incidence of dysmenorrhea in the city of Surakarta is as high as 89.8%. Based on a preliminary study at SMA Al-Islam 1 Surakarta, it was found that 9 out of 12 female students experienced significant dysmenorrhea symptoms such as abdominal cramps and lower back pain. Students with dysmenorrhea experience difficulties in learning, feel weak, and lack enthusiasm due to the pain they endure. **Objective:** to determine the effect of giving tamarind turmeric extract on the reduction of dysmenorrhea in adolescents at SMA Al-Islam 1 Surakarta. **Method:** This study used quantitative research with a pre-experimental design. The sample size used was 22 female students using Probability Sampling technique with Simple Random Sampling method. Data collection tools used observation sheets and NRS questionnaire sheets, while data analysis used the Wilcoxon test. **Research Results:** From the data analysis with a Wilcoxon test with $\alpha = 0.05$, a p-value of 0.001 was obtained where $0.001 < 0.05$, indicating that there is an effect of giving tamarind turmeric extract on the reduction of dysmenorrhea in adolescents at SMA Al-Islam 1 Surakarta.

Keywords: Dysmenorrhea, Turmeric Tamarind, Adolescents