

# **THE EFFECT OF GINGER EXTRACT IN REDUCING OF DYSMENORRHEA INTENSITY IN ADOLESCENTS**

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## **ABSTRACT**

**Background:** The number of cases of dysmenorrhea in Indonesia was 107.673, and 84.630 cases were dominated by adolescence. Dysmenorrhea occurs when the hormone prostaglandin increases excessively during menstruation. Dysmenorrhea complaints in adolescents, when untreated, can cause discomfort that interferes with daily activities and school activities. Dysmenorrhea management can be done with natural ingredients that have minimal side effects and are better for health. The therapy given in this study uses red ginger that has been extracted into powder preparations in capsules, considering its practicality. **Objective:** To find out the impact of giving ginger extract on decreasing the intensity of dysmenorrheic pain in adolescents at 'Aisyiyah Surakarta University. **Research methods:** This study uses a pre-experimental design with a one-group pretest-posttest approach with samples of 23 teenage suffering from primary dysmenorrhea. The measurement used the NRS (Numeric Rating Scale) and analyzed data using the Wilcoxon Sign Rank test. **Result:** It was found that of the 23 respondents who experienced primary dysmenorrhea prior to administering ginger extract the majority experienced severe pain (60,86%), and after being given ginger extract, the majority experienced mild pain (56,52%). Based on the Wilcoxon signed rank test  $p$  value  $<0,001 < \alpha = 0,05$ . **Conclusion:** there is an influence of giving ginger extract on decreasing the intensity of dysmenorrhea in adolescents at 'Aisyiyah Surakarta University.

**Keywords:** Ginger Extract, Dysmenorrhea, Adolescents