

**PENGARUH PEMBERIAN MINUMAN JAHE MERAH HANGAT  
THE EFFECT OF GIVING WARM RED GINGER DRINK ON THE  
REDUCTION OF LABOR PAIN IN THE FIRST PERIOD  
AT PMB MUTMAINAH KALIDERES VILLAGE**

Diana Permata Sari<sup>1</sup>, Rina Sri Widayati<sup>2</sup>  
[Saridianapermata797@gmail.com](mailto:Saridianapermata797@gmail.com)  
University of 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** Childbirth is a normal physiological process and occurs at a sufficient age of months without the presence of complications. One of the causes of discomfort and significant physiological consequences for both the mother and the fetus is childbirth pain. A way to reduce childbirth pain is by consuming a red jelly drink that is one of the alternative medicines to reduce birth pain. That can inhibit the enzyme lipoxygenase which is an inflammatory mediator so that the pain can be reduced. **Objective:** This study is aimed at finding out the effect of giving hot red yeast drinks on the reduction in birth pain. **Methods:** This research uses pre-experimental designs with one group of pretest-posttest designs. The research is located at the PMB Mutmainah Kelurahan Kalideres from April to June 2024. The method of sampling is with the technique of consequences and the number of respondents as much as 20 respondents. **Results:** analysis of the study before giving warm red ginger drinks majority pain scale 8 is 9 respondents (45%), and after giving warm ginger alcohol majority birth pain when I is Pain Scale 5 is 8 respondents (40%) and moderate pain 5 respondents (25%). Analysis with the Wilcoxon test is known Asymp.Sig (2- skull) worth 0,000 <0.05. **Conclusion:** There is an influence of giving warm red ginger drinks on the pain of childbirth when I at the PMB Mutmainah Kelurahan Kalideres.

*Keywords: labor pain, red ginger*