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Background: Dysmenorrhea is pain experienced during or just before menstruation and is one of the most common gynecological issues affecting women of all ages. Primary dysmenorrhea occurs 6 to 12 months after the first menstruation and is caused by high levels of prostaglandins released from endometrial secretions, leading to painful uterine contractions. Carrots are a vegetable rich in vitamin E, which can help block the formation of prostaglandins and counteract the effects of increased production of prostaglandin hormones. **Objective :** To analyze the difference in dysmenorrhea pain levels before and after consuming carrot juice. **Method :** A one-group pretest-posttest approach was used, conducted in Ngablak Village, Kenteng Nogosari, Boyolali, in April-May, involving 20 respondents. Data processing was done using the Wilcoxon statistical test. **Results:** The majority of respondents before consuming carrot juice (100%) experienced severe pain. After consuming carrot juice, out of 20 respondents (100%), 6 (30.0%) experienced a reduction to mild pain, and 14 (70.0%) experienced a reduction to moderate pain. The Wilcoxon test results showed a significant effect of carrot juice on dysmenorrhea in adolescents, with a p-value of 0.00 ($p < 0.05$). **Conclusion:** There is an effect of consuming carrot juice on the reduction of dysmenorrhea in adolescents in Ngablak Village.

Keywords : Dysmenorrhea, Adolescents, Carrot

