

**IMPLEMENTATION OF MAGIC-COOL SOUR ORANGE AROMATHERAPY FOR
ALLEVIATING DYSMENORRHEA
PAIN IN ADOLESCENT GIRLS**

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ABSTRACT

Background: Menstrual pain (dysmenorrhea) remains a common issue experienced by adolescent girls. In Indonesia, the prevalence of dysmenorrhea is 107,673 individuals (64.25%), consisting of 59,671 (54.89%) with primary dysmenorrhea and 9,496 (9.36%) with secondary dysmenorrhea. Dysmenorrhea has many negative impacts, highlighting the need for effective interventions. Sour orange magic-cool aromatherapy is suspected to be effective in reducing dysmenorrhea pain intensity among adolescents. **Objective:** To describe the results before and after applying sour orange magic-cool aromatherapy on dysmenorrhea pain in adolescent girls. **Method:** This descriptive case study involved two respondents who received a one-time magic-cool aromatherapy intervention with a sour orange scent on June 5, 2025, in the afternoon. Pain intensity was assessed using the Numeric Rating Scale (NRS). **Results:** For respondent Ms. R, pain intensity before using the aromatherapy was 6 (moderate), which decreased to 3 (mild). For Ms. S, the pain score decreased from 5 (moderate) to 2 (mild). The final result comparison for both respondents was 3:3. **Conclusion:** Sour orange magic-cool aromatherapy was effective in reducing dysmenorrhea pain in adolescent girls. **Keywords:** adolescent; dysmenorrhea; magic-cool aromatherapy; sour orange