

**THE EFFECT OF GIVING CURCUMA XANTHORRHIZA ON REDUCING
DYSMENOREA IN ADOLESCENTS IN BATUWARNO VILLAGE**

Dhea Ayu Retno Palupi¹, Enny Yuliaswati²
dheaayu.students@aiska-university.ac.id¹, ennyuliaswati@gmail.com²
Bachelor Of Midwifery Study Program, Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Dysmenorrhea is a common menstrual pain experienced by adolescent girls, often interfering with daily activities. Curcuma xanthorrhiza contains curcuminoids with anti-inflammatory and analgesic properties, making it a potential non-pharmacological treatment for menstrual pain. A preliminary study in Batuwarno Village showed a high prevalence of dysmenorrhea among adolescents. **Objective:** To determine the effect of Curcuma xanthorrhiza consumption on the reduction of dysmenorrhea in adolescents in Batuwarno Village. **Methods:** This study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 24 adolescent girls with dysmenorrhea, selected using consecutive sampling. The intervention involved administering 200 ml of boiled Curcuma xanthorrhiza twice a day for one day. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. Data were analyzed using the Wilcoxon test. **Results:** The average pain score before the intervention was 6.54, and after the intervention, it decreased to 1.50. The Wilcoxon test yielded a Z value of -4.448^b, where the negative Z value indicates that the more the intervention is given, the more the experienced pain decreases. The resulting p-value was 0.000 ($p < 0.05$), indicating a significant effect of Curcuma xanthorrhiza administration on the reduction of dysmenorrhea. **Conclusion:** Curcuma xanthorrhiza is effective in reducing dysmenorrhea in adolescents and can be considered a non-pharmacological alternative for managing menstrual pain. **Keywords:** Dysmenorrhea, Curcuma xanthorrhiza, menstrual pain, adolescents, herbal treatment.