

**THE EFFECT OF CHAMOMILE HERBAL TEA CONSUMPTION ON
MENSTRUAL PAIN INTENSITY IN STUDENTS OF STATE
SENIOR HIGH SCHOOL 1 KARANGGEDE**

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ABSTRACT

Background: Adolescence, between the ages of 11 to 20 years, at this age is often faced with health problems, one of which is menstrual pain or dysmenorrhea. The prevalence of menstrual pain varies throughout the world, WHO data shows that 90% of women experience menstrual pain and 10-15% of them experience severe pain. In Indonesia, around 64.25% of adolescent girls experience menstrual pain, which can interfere with the learning process and quality of life. **Objective:** This study aims to determine the effect of chamomile herbal tea consumption on the intensity of menstrual pain in female students of SMA Negeri 1 Karanggede. **Method:** The method used is pre-experimental with a one group pretest-posttest design. The sample consisted of 30 female students who experienced menstrual pain at SMA Negeri 1 Karanggede, Boyolali. The sampling technique used the non-probability method with consecutive sampling technique. Data analysis used the Wilcoxon Signed Rank test. Assessment of pain intensity using the Numeric Rating Scale (NRS) before and after giving chamomile tea for 2 days during menstruation. **Results:** The results of the study showed that the majority of respondents before the intervention were on a pain scale of 7, while after the intervention the majority experienced a decrease in the pain scale of 3. The Wilcoxon Signed Rank test showed that the intensity of menstrual pain before and after being given chamomile tea produced a p value = 0.000 (<0.05). **Conclusion:** There is an effect of consuming chamomile herbal tea on the intensity of menstrual pain in female students of SMA Negeri 1 Karanggede.

Keywords: Menstrual pain, teenagers, chamomile tea