

# THE EFFECT OF GIVING GREEN COCONUT WATER ON REDUCING DYSMENOREA IN STUDENTS OF SMPN 1 KENDAL NGAWI

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## ABSTRACT

**Background :** *Dysmenorrhea is a complaint of pain during menstruation that is commonly experienced by adolescent girls and can interfere with daily activities. One alternative nonpharmacological treatment to reduce dysmenorrhea is to consume green coconut water which is rich in electrolytes, magnesium, calcium, and folic acid. This study aims to determine the effect of green coconut water on the reduction of dysmenorrhea in SMPN 1 Kendal Ngawi students. The method used is pre-experimental with a one-group pretest-posttest design. A sample of 24 respondents was selected using a simple random sampling technique. Data collection was carried out using the Numeric Rating Scale (NRS) instrument and analyzed using the Wilcoxon test. The results showed that before the intervention most of the respondents experienced dysmenorrhea on a scale of 5 (29.2%), while after the intervention most of the respondents were on a scale of 0 or no pain (37.5%). The Wilcoxon test showed a value of  $p = 0.000$  ( $<0.05$ ) which means that there is a significant influence between the administration of green coconut water on the reduction of dysmenorrhea. The conclusion of this study is that green coconut water is effective as an alternative therapy to reduce the intensity of dysmenorrhea in adolescent girls.*

**Keywords:** *Dysmenorrhea, Green Coconut Water, Adolescent Girls, Nonpharmacological Treatment*