

PENGARUH JUS WORTEL TERHADAP NYERI HAID (DISMENORE) PADA SISWI DI SMAN 1 TRIMURJO

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ABSTRACT

Background: Dysmenorrhea is menstrual pain that is often experienced by adolescent girls and can interfere with daily activities and quality of life. Carrot juice, which contains beta-carotene and vitamin E, has anti-inflammatory and analgesic effects that have the potential to reduce menstrual pain naturally. **Objective:** To determine the effect of giving carrot juice on reducing dysmenorrhea in female students at SMAN 1 Trimurjo. **Method:** This study is a pre-experimental study with a One Group Pretest and Posttest design. The subjects were 27 female students who experienced dysmenorrhea. Pain levels were measured before and after the carrot juice intervention using the Numeric Rating Scale (NRS). Data were analyzed using wilcoxon. **Results:** Before the intervention, most respondents experienced moderate pain (85.2%). After the intervention, 92.6% experienced mild pain and 7.4% experienced no pain. The results of the statistical test showed a p value = 0.000 (<0.05), which means there is a significant effect between giving carrot juice on reducing dysmenorrhea. **Conclusion:** Carrot juice is effective in reducing the intensity of dysmenorrhea and can be used as a safe and easy-to-implement non-pharmacological therapy alternative.

Keywords: Dysmenorrhea, Carrot Juice, Adolescent Girls.