

**GIVING CARROT JUICE TO REDUCE DYSMENORRHEA  
IN ADOLESCENTS IN NGEGEK NGAGRONG  
AMPEL BOYOLALI HAMLET**

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**ABSTRACT**

**Background;** Dysmenorrhea is abdominal pain that comes from uteine cramps and occurs during menstruation. Primary dysmenorrhea originates from uterine contractions stimulated by prostaglandins. One way to reduce dysmenorrhea is to drink carrot juice. Carrots containing beta carotene as an antioxidant also have anti-pain and anti-inflammatory effects do reduce pain. **Aim;** To determine the effect of carrot juice to reduce the level of dysmenorrhea in young women. **Method;** Case study research uses descriptive by observing the scale of dysmenorrhea in respondent by giving 2x/day carrot juice in 2 days. The research instrument used numerical pain scale sheets and observation sheets. **Result;** Dysmenorrhea before giving carrot juice to both respondents was included in the moderate pain scale. A decrease in dysmenorrheal after being given carrot juice is included in the mild pain scale. **Conclusion;** Giving carrot juice can reduce the level of dysmenorrhea in young women.

**Keywords:** *Carrot Juice, Dysmenorrhea, Young Woman*