

**APPLICATION OF GIVING CARROT JUICE TO
DYSMENORRHEA PAIN IN STUDENS AT
STIKES 'AISYIYAH SURAKARTA**

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ABSTRACT

Back Ground : Dysmenorrhea is a condition that occurs during menstruation characterized by pain in the abdomen and pelvis. Carrot juice is a non-pharmacological intervention that contains beta carotene and vitamin E to reduce dysmenorrhea pain, safe and doable. **Objective** : To describe the results of the implementation of the application of carrot juice to the pain of dysmenorrhea in students. **Method** : This application uses case study research with descriptive research methods that describe the variables in the study bases on the results of research taken from the population systematic and accurate. **Result** : After being given carrot juice to both respondents Ms. N and Ms. Y for 1 day before menstruation 2 times, there was a decrease in the scale of pain in both respondents, namely a decrease in the level of pain scale which was all intensity of the pain was being mild pain with a scale of pain 3. **Conclusion** : The application of carrot juice has been proven to reduce the scale of dysmenorrhea pain in students.

Key words : Carrot juice, dysmenorrhea, students