

ABSTRAK

PENGARUH KOMPRES HANGAT HERBAL JAHE MERAH TERHADAP DISMENORE DI SMK RADEN RAHMAT MOJOSARI KABUPATEN MOJOKERTO

OLEH: ANANDA UTAMI

Program Studi Sarjana Kebidanan
Universitas Bina sehat PPNI Mojokerto
Email : uananda04@gmail.com

Dismenore merupakan nyeri menstruasi yang sering dialami remaja putri dan dapat mengganggu aktivitas belajar maupun aktivitas sehari-hari. Salah satu upaya nonfarmakologis untuk mengurangi nyeri dismenore adalah kompres hangat herbal jahe merah yang memiliki efek hangat, antiinflamasi, dan analgesik. Penelitian ini bertujuan untuk mengetahui pengaruh kompres hangat herbal jahe merah terhadap dismenore pada siswi SMK Raden Rahmat Mojokerto. Penelitian ini menggunakan desain Pre-Experimental dengan pendekatan One Group Pretest-Posttest Design. Sampel penelitian berjumlah 8 responden yang dipilih menggunakan teknik purposive sampling. Pengukuran intensitas nyeri dilakukan menggunakan Numeric Rating Scale (NRS) sebelum dan sesudah pemberian kompres hangat herbal jahe merah selama ± 30 menit. Hasil penelitian menunjukkan bahwa sebelum intervensi sebagian besar responden mengalami nyeri sedang sebanyak 5 orang (62,5%), sedangkan 3 orang (37,5%) mengalami nyeri ringan. Setelah intervensi, sebagian besar responden mengalami nyeri ringan sebanyak 5 orang (62,5%), sedangkan 3 orang (37,5%) tidak mengalami nyeri. Hasil uji normalitas Shapiro-Wilk diperoleh p-value $0,174 > 0,05$ sehingga data berdistribusi normal. Selanjutnya, hasil Paired Sample T-Test diperoleh nilai Sig. (2-tailed) $0,000 < 0,05$, sehingga terdapat pengaruh kompres hangat herbal jahe merah terhadap penurunan intensitas nyeri dismenore. Kompres hangat herbal jahe merah dapat digunakan sebagai salah satu terapi nonfarmakologis untuk membantu mengurangi nyeri dismenore pada remaja putri.

Kata kunci: kompres hangat herbal jahe merah, dismenore, remaja putri.

ABSTRACT

THE EFFECT OF WARM RED GINGER HERBAL COMPRESS ON DYSMENORRHEA AT RADEN RAHMAT VOCATIONAL HIGH SCHOOL, MOJOSARI, MOJOKERTO REGENCY

BY: ANANDA UTAMI

Bachelor of Midwifery Study Program
Universitas Bina Sehat PPNI Mojokerto
Email : uananda04@gmail.com

Dysmenorrhea is menstrual pain that is often experienced by adolescent girls and can interfere with learning activities and daily activities. One non-pharmacological effort to reduce dysmenorrhea pain is a warm compress of red ginger herbal which has warming, anti-inflammatory, and analgesic effects. This study aims to determine the effect of warm compresses of red ginger herbal on dysmenorrhea in female students of SMK Raden Rahmat Mojosari, Mojokerto Regency. This study used a Pre-Experimental design with a One Group Pretest-Posttest Design approach. The research sample consisted of 8 respondents selected using a purposive sampling technique. Measurement of pain intensity was carried out using a Numeric Rating Scale (NRS) before and after administering a warm compress of red ginger herbal for ± 30 minutes. The results showed that before the intervention, most respondents experienced moderate pain as many as 5 people (62.5%), while 3 people (37.5%) experienced mild pain. After the intervention, most respondents experienced mild pain as many as 5 people (62.5%), while 3 people (37.5%) did not experience pain. The Shapiro-Wilk normality test yielded a p-value of $0.174 > 0.05$, indicating a normal distribution of the data. Furthermore, the Paired Sample T-Test yielded a Sig. (2-tailed) value of $0.000 < 0.05$, indicating that warm compresses with red ginger herbal extract have an effect on reducing dysmenorrhea pain intensity. Warm compresses with red ginger herbal extract can be used as a non-pharmacological therapy to help reduce dysmenorrhea pain in adolescent girls.

Keywords: warm compresses with red ginger herbal extract, dysmenorrhea, adolescent girls.