

ABSTRACT

THE EFFECT OF TURMERIC AND TANGIBLE THERAPY ON REDUCING DYSMENORRHEA IN SMAN 1 NGORO, MOJOKERTO REGENCY

By : Ifel Ayu Sekar Indah

Dysmenorrhea is one of the most common menstrual disorders experienced by adolescent girls and women of reproductive age. Pain experienced during menstruation often leads to difficulty concentrating, decreased focus during lessons, and reduced active participation in class. Some adolescents even choose to miss school due to the pain, resulting in falling behind in learning materials and declining academic achievement. This study aimed to determine the effect of turmeric and tamarind therapy on reducing dysmenorrhea pain in adolescents. The research method used a quantitative method with a pretest–posttest one-group design. The population was all 424 female students of SMAN 1 Ngoro, Mojokerto Regency, in grades X-XII. The sampling technique was Accidental sampling, with a sample size of 19 respondents, using a questionnaire and using the Wilcoxon Test statistical test with a confidence level of $\alpha = 0.05$. The results showed that the intensity of dysmenorrhea pain before the Turmeric Tamarind intervention, most respondents before the turmeric tamarind intervention experienced moderate pain, as many as 30 people (85.7%). The intensity of dysmenorrhea pain after the turmeric tamarind intervention, most respondents after the turmeric tamarind intervention experienced mild pain, as many as 24 people (68.6%). The Effect of Turmeric Tamarind Therapy on Reducing Dysmenorrhea Based on the results of the Wilcoxon test, it is known that the sig value is $0.000 < \alpha 0.05$, meaning H_1 is accepted and it can be concluded that there is an Effect of Turmeric Tamarind Therapy on Reducing Dysmenorrhea at SMAN 1 Ngoro, Mojokerto Regency.

Keywords: Turmeric Tamarind, Dysmenorrhea

BINA SEHAT PPNI

ABSTRAK

PENGARUH PEMBERIAN TERAPI KUNYIT ASAM JAWA TERHADAP PENURUNAN DISMINORE DI SMAN 1 NGORO KABUPATEN MOJOKERTO

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Disminore tergolong satu diantara gangguan menstruasi yang tersering ditemui oleh remaja putri dan wanita usia reproduksi. Nyeri yang dirasakan saat menstruasi sering memicu kesulitan dalam berkonsentrasi, menurunnya fokus saat menerima pelajaran, serta berkurangnya partisipasi aktif di kelas. Beberapa remaja bahkan memilih untuk tidak masuk sekolah karena nyeri yang dirasakan, sehingga berdampak pada ketertinggalan materi pembelajaran dan menurunnya prestasi akademik penelitian ini bertujuan untuk mengetahui pengaruh pemberian terapi kunyit asam jawa terhadap penurunan nyeri dismenore pada remaja. Metode penelitian yaitu memakai metode kuantitatif dengan pendekatan pretest–posttest one group design, populasi seluruh siswi remaja putri SMAN 1 Ngoro Kabupaten Mojokerto kelas X-XII berjumlah 424 orang. teknik sampling *Accidental sampling*, jumlah sampel sebanyak 19 responden, menggunakan kuesioner dan menggunakan uji statistik *Wilcoxon Test* dengan tingkat kepercayaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa Intensitas nyeri disminorea sebelum dilakukan intervensi Kunyit Asam Jawa sebagian besar responden sebelum dilakukan intervensi kunyit asam jawa mengalami nyeri sedang sebanyak 19 orang (100.0%). Intensitas nyeri disminorea setelah dilakukan intervensi Kunyit Asam Jawa sebagian besar responden setelah dilakukan intervensi kunyit asam jawa mengalami nyeri ringan sebanyak 19 orang (100.0%). Pengaruh Pemberian Terapi Kunyit Asam Jawa Terhadap Penurunan Disminore Berdasarkan hasil uji *Wilcoxon* diketahui bahwa nilai $\text{sig } 0,000 < \alpha 0,05$ artinya H_1 diterima dan dapat disimpulkan bahwa terdapat Pengaruh Pemberian Terapi Kunyit Asam Jawa Terhadap Penurunan Disminore Di SMAN 1 Ngoro Kabupaten Mojokerto.

Kata kunci : Kunyit Asam, Disminore