

**PENGARUH JAHE MERAH (*Zingiber Officinale Var. Rubrum*) TERHADAP
PENURUNAN INTENSITAS NYERI *DISMENOREA* PADA
MAHASISWI KEBIDANAN UNJAYA
TAHUN 2025**

Aisyah Amalia Nst¹, Budi Rahayu S.ST., M.Keb²

Email : aisyahamalia0610@gmail.com

INTISARI

Latar Belakang : *Dismenorea* adalah nyeri menstruasi akibat peningkatan hormon prostaglandin yang dapat mengganggu aktivitas, menyebabkan menstruasi retrograd, infertilitas, hingga infeksi. Di Indonesia, prevalensi *dismenorea* mencapai 64,25%, dan di Daerah Istimewa Yogyakarta sebesar 56%. Terapi non-farmakologis yang memiliki potensial ialah jahe merah (*Zingiber officinale var. rubrum*) karena kandungan shogaol, gingerol serta, minyak atsiri yang memiliki efek analgesik dengan cara menghambat produksi prostaglandin.

Tujuan Penelitian : Untuk mengidentifikasi pengaruh jahe merah (*zingiber officinale var. rubrum*) terhadap penurunan intensitas nyeri *dismenorea* pada mahasiswa Kebidanan Unjaya.

Metode Penelitian : Penelitian Kuantitatif dengan pendekatan desain *pra-eksperimen one group pretest-posttest*. Sampel terdiri dari 30 mahasiswa semester 8 Program Studi S1 Kebidanan Unjaya yang dipilih melalui teknik *purposive sampling*. Analisis statistik menggunakan *Wilcoxon Signed-Rank Test*.

Hasil : Terdapat penurunan intensitas nyeri yang signifikan setelah pemberian jahe merah ($p = 0,000$; $p < 0,05$). Sebelum intervensi, skala nyeri berkisar antara 3 hingga 9. Setelah intervensi, sebanyak 53% responden tidak merasakan nyeri (skala 0), 40% merasakan nyeri ringan (skala 1), dan 6,7% berada di skala 2. Ini menunjukkan efektivitas jahe merah dalam meredakan nyeri *dismenorea*.

Kesimpulan : Jahe merah berpengaruh signifikan terhadap penurunan intensitas nyeri *dismenorea*.

Kata Kunci : *Dismenorea*, Jahe Merah

¹ Mahasiswa Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF RED GINGER (*Zingiber Officinale* Var. *Rubrum*) ON REDUCING
DYSMENORRHEA PAIN INTENSITY
IN MIDWIFERY STUDENTS OF
UNJAYA IN 2025**

Aisyah Amalia Nst¹, Budi Rahayu S.ST., M.Keb²,

Email : aisyahamalia0610@gmail.com

ABSTRACT

Background: Dysmenorrhea is menstrual pain caused by increased prostaglandin levels, which can disrupt daily activities and lead to retrograde menstruation, infertility, and infection. In Indonesia, the prevalence of dysmenorrhea reaches 64.25%, and in the Special Region of Yogyakarta, it is 56%. A promising non-pharmacological therapy is red ginger (*Zingiber officinale* var. *rubrum*), which contains shogaol, gingerol, and essential oils known for their analgesic effects by inhibiting prostaglandin production.

Objective: To identify the effect of red ginger (*Zingiber officinale* var. *rubrum*) on reducing the intensity of dysmenorrhea pain among midwifery students at Universitas Jenderal Achmad Yani Yogyakarta (Unjaya).

Method: This quantitative study employed a pre-experimental one-group pretest–posttest design. The sample comprised 30 eighth-semester undergraduate midwifery students at Unjaya, selected using purposive sampling. Data were analyzed using the Wilcoxon Signed-Rank Test.

Results: A significant reduction in pain intensity was observed following the administration of red ginger ($p = 0.000$; $p < 0.05$). Prior to the intervention, pain scores ranged from 3 to 9. After the intervention, 53% of participants reported no pain (score 0), 40% experienced mild pain (score 1), and 6.7% had a pain score of 2. These findings indicate that red ginger is effective in alleviating dysmenorrhea.

Conclusion: Red ginger has a significant effect in reducing the intensity of dysmenorrhea pain

Keywords: Dysmenorrhea, Red Ginger

¹ Mahasiswa Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta