

# PENGARUH PEMBERIAN MINUMAN KUNYIT ASAM TERHADAP PENURUNAN NYERI *DISMENOREA* PADA MAHASISWI ASRAMA UNJAYA

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## INTISARI

**Latar Belakang:** *Dismenorea* merupakan nyeri haid yang umum dialami wanita, disebabkan oleh peningkatan prostaglandin yang memicu kontraksi uterus berlebihan. Kondisi ini dapat mengganggu aktivitas, termasuk proses belajar pada mahasiswa. Data WHO menyebutkan 90% wanita mengalami *dismenorea*, dengan prevalensi di Indonesia sebesar 64,25%. Mahasiswa di Yogyakarta 52% mengalami penurunan aktivitas saat menstruasi. Salah satu alternatif penanganan non-farmakologis yang potensial adalah minuman kunyit asam yang memiliki sifat antiinflamasi dan analgesik.

**Tujuan:** Untuk mengetahui pengaruh pemberian minuman kunyit asam terhadap penurunan nyeri *dismenorea* pada mahasiswa asrama Universitas Jenderal Achmad Yani Yogyakarta.

**Metode:** Penelitian menggunakan desain *quasi-eksperimen* dengan rancangan *nonequivalent control group*. Penelitian dilaksanakan pada 8 Mei – 19 Juni 2025 dengan total 44 responden yang dibagi menjadi kelompok intervensi dan kontrol, masing-masing 22 responden. Teknik sampling menggunakan *purposive sampling*. Pengukuran nyeri dilakukan sebelum dan sesudah intervensi menggunakan *Numeric Rating Scale* (NRS). Data dianalisis secara univariat dan bivariat dengan uji *Wilcoxon*.

**Hasil:** Hasil uji *wilcoxon* menunjukkan bahwa ada perbedaan yang signifikan sebelum dan sesudah diberikan intervensi dengan nilai *p-value* = 0,000 ( $p < 0,05$ ). Sebelum diberikan 5,41 sesudah diberikan kunyit asam 0,41 dengan penurunan nyeri sebesar 5,00 yang berarti minuman kunyit asam efektif untuk menurunkan nyeri *dismenorea*.

**Kesimpulan:** Ada pengaruh pemberian minuman kunyit asam terhadap penurunan nyeri *Dismenorea* pada mahasiswa asrama Universitas Jenderal Achmad Yani Yogyakarta

**Kata Kunci:** *Dismenorea, Minuman Kunyit Asam, Mahasiswa*

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# THE EFFECT OF GIVING TURMERIC TAMARIND DRINK ON REDUCING *DYSMENORRHOEA* PAIN IN STUDENTS OF UNJAYA DORMITORY

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## ABSTRACT

**Background:** *Dysmenorrhea* is a common menstrual pain experienced by women, caused by an increase in prostaglandins that trigger excessive uterine contractions. This condition can interfere with activities, including the learning process in female students. WHO data states that 90% of women experience *Dysmenorrhea*, with a prevalence in Indonesia of 64.25%. students in Yogyakarta 52% experience decreased activity during menstruation. One potential non-pharmacological treatment alternative is turmeric tamarind drink which has anti-inflammatory and analgesic properties.

**Objective:** To determine the effect of giving turmeric and sour drink on reducing *Dysmenorrhea* pain in female students of Universitas Jenderal Achmad Yani Yogyakarta dormitory.

**Method:** The study used a quasi-experimental design with a nonequivalent control group design. The study was conducted on May 8 - June 19, 2025 with a total of 44 respondents divided into intervention and control groups, each with 22 respondents. The sampling technique used purposive sampling. Pain measurements were carried out before and after the intervention using the Numeric Rating Scale (NRS). Data were analyzed univariately and bivariately with the Wilcoxon test.

**Results:** The results of the Wilcoxon test showed that there was a significant difference before and after the intervention with a  $p\text{-value} = 0.000$  ( $p < 0.05$ ). Before being given 5.41 after being given turmeric tamarind 0.41 with a decrease in pain of 5.00 which means that turmeric tamarind drinks are effective in reducing *Dysmenorrhea* pain.

**Conclusion:** There is an effect of giving turmeric tamarind drinks on reducing *Dysmenorrhea* pain in female dormitory students at Jenderal Achmad Yani University, Yogyakarta

**Keywords:** *Dysmenorrhea, Turmeric Tamarind Drinks, Female Students*

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