

PENGARUH PEMBERIAN AIR JAHE TERHADAP PENURUNAN RASA NYERI DISMENOIRE PADA REMAJA PUTRI DI SMAN 1 SEWON

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INTISARI

Latar Belakang: Dismenore merupakan nyeri akibat kontraksi otot rahim yang dipicu oleh hormon prostaglandin, terutama saat hormon esterogen dan progesteron menurun. Kondisi ini membuat ketidaknyamanan bagi wanita yang mengalaminya saat menstruasi, sehingga mengganggu aktivitas sehari-hari. Data WHO menyebutkan 90% wanita mengalami dismenore, dengan 64,25% terjadi di Indonesia. Di Yogyakarta angka kejadian dismenore mencapai 56% wanita mengalami dismenore. Penanganan non-farmakologis seperti konsumsi air jahe emprit menjadi alternatif karena mengandung senyawa aktif *gingerol* dan *shagaol* yang bersifat analgesik dan antiinflamasi.

Tujuan: Untuk mengetahui pengaruh pemberian air jahe emprit sebagai terapi non farmakologi terhadap penurunan rasa nyeri dismenore pada remaja putri di SMAN 1 Sewon.

Metode: Penelitian ini menggunakan desain *Pra-eksperimen* dengan rancangan *one -group pretest-posttest*. Penelitian ini dilaksanakan pada tanggal 18 Mei – 22 Juni 2025 dengan total 20 responden yang diberikan intervensi. Teknik sampling menggunakan *purposive sampling*. Pengukuran skala nyeri sebelum dan sesudah intervensi menggunakan NRS (*Numeric Rating Scale*). Data bivariat dianalisis menggunakan *Uji Wilcoxon* dan *Crosstabs*.

Hasil: Hasil uji wilcoxon menunjukkan bahwa ada perbedaan yang signifikan antara sebelum dan sesudah pemberian intervensi dengan nilai $p= 0,000$ ($p < 0,05$). Sebelum diberikan intervensi 6,40 setelah diberikan intervensi 0,70 dengan penurunan skala nyeri sebesar 5,70 yang artinya air jahe emprit efektif untuk penurunan nyeri dismenore.

Kesimpulan: Ada pengaruh pemberian air jahe emprit terhadap penurunan intensitas nyeri dismenore pada remaja putri. Air jahe dapat menjadi alternatif terapi non-farmakologi yang aman, mudah diolah, dan efektif dalam meredakan nyeri.

Kata Kunci: *Dismenore, Air Jahe, Remaja Putri*

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THE EFFECT OF GIVING GINGER WATER ON REDUCING DYSMENORRHEA PAIN IN ADOLESCENT FEMALES AT SMAN 1 SEWON

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ABSTRACT

Backgorund: Dysmenorrhea is pain caused by uterine muscle contractions triggered by prostaglandin hormones, especially when estrogen and progesterone levels decrease. This condition causes discomfort for women who experience it during menstruation, disrupting daily activities. WHO data indicates that 90% of women experience dysmenorrhea, with 64.25% of cases occurring in Indonesia. In Yogyakarta, the incidence of dysmenorrhea reaches 56%. Non-pharmacologic treatments such as drinking emprit ginger water are an alternative because they contain the active compounds gingerol and shagaol, which have analgesic and anti-inflammatory properties.

Objective: To determine the effect of giving ginger water as a non-pharmacological therapy to reduce dysmenorrhea pain in female adolescents at SMAN 1 Sewon.

Method: This study used a pre-experimental design with a one-group pretest-posttest design. This study was conducted from May 18 to June 22, 2025, with a total of 20 respondents who received the intervention. The sampling technique used purposive sampling. Pain scale measurements before and after the intervention used the NRS (Numeric Rating Scale). Bivariate data were analyzed using the Wilcoxon Test and Crosstabs.

Results: The results of the Wilcoxon test showed that there was a significant difference between before and after the intervention with a p-value of 0.000 ($p < 0.05$). Before the intervention was given 6.40 after the intervention was given 0.70 with a decrease in the pain scale of 5.70 which means that ginger water is effective for reducing dysmenorrhea pain.

Conclusion: Ginger water has been shown to reduce the intensity of dysmenorrhea pain in adolescent girls. Ginger water can be a safe, easy-to-prepare, and effective non-pharmacological therapy alternative for pain relief.

Kata Kunci: Dysmenorrhea, Ginger Water, Adolescent Girls

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