

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING JURUSAN
KEBIDANAN PRODI KEBIDANAN METRO
SKRIPSI, JUNI 2024**

Marliani

**EFEKTIVITAS KONSUMSI WEDANG JAHE UNTUK MENGURANGI
DISMENORE PADA REMAJA PUTRI KELAS XI MADRASAH ALIYAH
NEGERI 1 METRO**

xvii + 37 halaman + 9 tabel + 5 gambar + 12 lampiran

ABSTRAK

Masa remaja adalah periode menuju kematangan fisik, sosial, dan psikologis. Menurut WHO, 90% wanita mengalami dismenore, dengan 10-15% dismenore berat. Prevalensi dismenore di Indonesia adalah 72,89% dan sekunder 21,11%. Di Lampung mencapai 54,9%. Tujuan penelitian adalah mengetahui efektivitas konsumsi wedang jahe untuk mengurangi dismenore kelas XI Madrasah Aliyah Negeri 1 Metro.

Jenis penelitian kuantitatif dengan *quasi eksperimen* dan metode *one grup pretest posttest design*. Populasi adalah seluruh remaja putri yang mengalami dismenore kelas XI Madrasah Aliyah Negeri 1 Metro sebanyak 219 remaja putri. Sampel sebanyak 59 responden dengan teknik pengambilan sampel menggunakan *purposive sampling*. Pengambilan data menggunakan kuesioner *numeric rating scale* untuk mengetahui skala nyeri dismenore, analisis data secara univariat untuk mengukur rata-rata sebelum dan sesudah konsumsi wedang jahe dan bivariat menggunakan *uji wilcoxon*.

Hasil rata-rata skala nyeri dismenore pada remaja putri sebelum diberi wedang jahe sebesar 6,36 dan sesudah konsumsi wedang jahe sebesar 3,31, analisis *uji wilcoxon* didapatkan nilai *p value*=0,000 dan uji N-Gain score didapatkan nilai 0,61 yang artinya efektivitas sedang.

Simpulan dari penelitian ini ada pengaruh pemberian wedang jahe terhadap penurunan dismenore pada remaja putri di Kelas XI Madrasah Aliyah Negeri 1 Metro dan efektivitas pemberian wedang jahe pada remaja putri yang mengalami dismenore dikatakan efektivitas sedang. Saran hendaknya dapat memberikan informasi kepada remaja putri untuk selalu lebih banyak melakukan aktivitas olahraga di sekolah maupun di luar sekolah, serta dapat mengkonsumsi wedang jahe sebagai alternatif pengobatan non farmakologi dalam pengurangan nyeri dismenore.

Kata kunci : wedang jahe, dismenore, remaja putri

Daftar bacaan : 24 (2016-2024)

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**EFFECTIVENESS OF CONSUMPTION OF GINGER DRINK TO REDUCE
DYSMENORRHOEA IN TEENAGE GIRLS IN CLASS XI MADRASAH ALIYAH
NEGERI 1 METRO**

xvii + 37 page + 9 table + 5 image + 12 attachment

ABSTRACT

Adolescence is a time of physical, social and psychological maturity. According to WHO, adolescents aged 10-19 years. According to WHO, 90% of women experience dysmenorrhea, and 10-15% have severe dysmenorrhea. In Indonesia, the prevalence of primary dysmenorrhea is 72.89% and secondary 21.11%. In Lampung, the prevalence of dysmenorrhea reached 54.9%. Some of the symptoms that teenagers experience during menstruation include fatigue, back pain, stomach cramps, and emotional changes. Menstrual pain can be treated with pharmacological and non-pharmacological therapy. One effective non-pharmacological therapy is the use of red ginger, which contains shogaol and gingerol compounds which function as anti-inflammatory and analgesic. The aim of the research is to determine the effectiveness of consuming ginger drink to reduce dysmenorrhea in class XI Madrasah Aliyah Negeri 1 Metro.

Type of quantitative research with quasi-experiment and one group pretest posttest design method. The population is all teenage girls who experience dysmenorrhea in class XI Madrasah Aliyah Negeri 1 Metro. The sample was 59 respondents with a sampling technique using purposive sampling. Data were collected using a numeric rating scale questionnaire to determine the scale of dysmenorrhea pain, univariate data analysis to measure the average before and after consumption of ginger tea and bivariate using the Wilcoxon test.

The average result of the dysmenorrhea pain scale in teenage girls before being given ginger drink was 6.36 and after consuming ginger tea was 3.31, the Wilcoxon test analysis obtained a p value = 0.000 and the N-Gain score test obtained a value of 0.61, which means moderate effectiveness.

The conclusion from this research is that there is an effect of giving ginger drink on reducing dysmenorrhea in teenage girls in Class XI. It is recommended that this research be able to provide non-pharmacological treatment in the form of consuming ginger drink to reduce dysmenorrhea pain in teenage girls.

Keywords : ginger drink, dysmenorrhea, teenage girls

Reading list : 24 (2016-2024)