

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
PROGRAM STUDI D-III KEBIDANAN TANJUNG KARANG

Laporan Tugas Akhir, Mei 2025

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**Penerapan Kompres Hangat Jahe Merah Terhadap Penurunan Nyeri
Disminore Pada Remaja Putri Nn. M di TPMB Linda Timor Yanti, Lampung
Selatan 2025**

xv + 53 Halaman + 2 Tabel + 7 Lampiran

RINGKASAN

Berdasarkan data *World Health Organization* (WHO) tahun 2021 angka kejadian dismenore di dunia sangat tinggi, dipastikan (90%) wanita dari total 1.769.425 jiwa dengan 10-15% mengalami dismenore berat.

Tujuan studi kasus ialah pemberian asuhan kebidanan pada Ny. M dengan menerapkan Teknik kompres hangat jahe merah untuk mengurangi nyeri disminore primer di TPMB Linda Timor Yanti

Metode dalam studi kasus ini adalah metode 7 langkah varney dalam pendokumentasian SOAP. Penulis melakukan penatalaksanaan Teknik kompres hangat jahe merah di mulai sejak tanggal 26 maret 2025.

Berdasarkan hasil observasi, pemberian kompres hangat jahe merah untuk mengurangi nyeri disminore pada remaja putri. Dapat disimpulkan setelah pemberian kompres hangat jahe merah nyeri pada remaja putri menurun. Sebelum diberikan kompres hangat jahe merah pengukuran skala nyeri 6 nyeri sedang, setelah diberikan kompres hangat jahe merah didapatkan skala nyeri remaja putri di angka 2 nyeri ringan. Atas dasar tersebut penulis menyarankan kepada tenaga Kesehatan khususnya bidan agar pemberian kompres hangat jahe merah dapat dimanfaatkan dalam membantu mengurangi rasa nyeri disminore primer.

Kata kunci : Disminore, Kompres jahe merah
Daftar Bacaan : 17 (2022-2024)

HEALTH POLYTECHNIC OF TANJUNG KARANG
DIPLOMA IN MIDWIFERY PROGRAM OF TANJUNG KARANG
Final Project Report, may 2025

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The Application of Red Ginger Warm Compress to Reduce Dysmenorrhea Pain in Adolescent Girl Mrs. M at TPMB Linda Timor Yanti, South Lampung. 2025

xv + 53 Pages + 2 Tables + 7 attachments

ABSTRACT

According to data from the World Health Organization (WHO) in 2021, the incidence of dysmenorrhea worldwide is very high, with an estimated 90% of women out of a total of 1,769,425 experiencing severe dysmenorrhea in 10-15% of cases.

The purpose of the case study is to provide midwifery care to Mrs. M by applying the red ginger warm compress technique to reduce primary dysmenorrhea pain at TPMB Linda Timor Yanti.

The method in this case study is the 7 step Varney's method in SOAP documentation. The author carried out the management of the red ginger warm compress technique starting on March 26, 2025.

Based on the observation results, giving warm compresses of red ginger to reduce dysmenorrhea pain in adolescent girls. It can be concluded that after giving warm compresses of red ginger, the pain in adolescent girls decreased. Before being given warm compresses of red ginger, the pain scale measurement was 6 moderate pain, after being given warm compresses of red ginger, the pain scale of adolescent girls was at number 3 mild pain. On this basis, the author suggests to health workers, especially midwives, that giving warm compresses of red ginger can be used to help reduce the pain of primary dysmenorrhea.

Keywords : Dysmenorrhea, Red ginger compress

Reading List : 17 (2022-2024)