The Title of the Research : The Effectiveness of White Turmeric on Dysmenorrhea in Teenagers at SMP Negeri 4, Tanjung Pura

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ABSTRACT

Dysmenorrhea can cause activity disturbance in female teenagers so that they limit their daily activities. It can also cause them not to be concentrated in studying, reluctant to participate in any extracurricular activity, and absent from school so that they cannot follow the lessons. There are about 15% to 89.5% of teenagers all over the world. In Indonesia, the rate of the incidence of dysmenorrhea is around 45-95% in productive-aged women in 2009. In solve dysmenorrhea, pharmacological and non-pharmacological treatment is needed. Non-pharmacological treatment is by giving white turmeric. Based on several researches, it is found that white turmeric contains a substance which can relieve pain. The objective of this research was to find out the effectiveness of giving white turmeric for reducing dysmenorrhea in teenagers at SMP Negeri 4, Tanjung Pura. The research used quasi experiment method with non-equivalent control group design by seeing the influence of treatment, had intervention and control groups, and measuring in the pretest and posttest. It was conducted at SMP Negeri 4, Tanjung Pura, from October until June, 2016, and the data were gathered from March until May, 2016. The result of the calculation showed that the decrease in pain caused of dysmenorrhea in the intervention group was 2.7500 at p-value = 0.009 (p<0.05). There was the effectiveness in giving white turmeric for dysmenorrhea in teenagers.

Keywords: Dysmenorrhea, White Turmeric