



## The Effectiveness Administration of Turmino Acid Booking Towards Reducing Dymenorous Pain in Class VII Adolescent at Mts Nurul Jadid, Desa Indrasakti, Kec. Tapung, Kab. Kampar in 2021

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### ABSTRACT

*Data from the World Health Organization (WHO) found that there were 1,769,425 people (90%) women who experienced dysmenorrhea. On average in European countries, dysmenorrhea occurs in 45-97% of women. With the lowest prevalence in Bulgaria (8.8%) and the highest reaching 94% in Finland. The incidence of menstrual pain (Dysmenorrhea) in the world is very large, on average more than 50% of women in each country experience dysmenorrhea, the prevalence of primary dysmenorrhea in the United States in 2012 at the age of 12-17 years was 59.7%, with 49% mild dysmenorrhea, 37% moderate dysmenorrhea, and 12% severe dysmenorrhea which resulted in 23.6% of sufferers not attending school. This study is a descriptive study, to determine the effectiveness of the benefits of boiling turmeric acid in reducing dysmenorrhea pain in adolescent girls in grade VII at MTs Nurul Jadid, Indrasakti Village, Kec. Tapung Kab. Kampar Prov. Riau in 2021. The approach used in this research is direct research on the processing of tamarind boiling, which type of research measures the effectiveness of the benefits of boiling tamarind turmeric on reducing dysmenorrhea pain. From the results of the initial survey, there were about 50 respondents of seventh grade girls at MTs Nurul Jadid, around 35 respondents had experienced menstruation and 15 respondents had not had menstruation. And from 35 respondents there are about 70% experiencing dysmenorrhea. It was obtained information that many students complained of pain during menstruation, there were even some students who fainted unconscious because they endured the pain they felt, even almost every month they did not enter because of the pain of dysmenorrhea during menstruation. Based on the results of the research before and after the research, there was a decrease in dysmenorrhea pain after giving sour turmeric decoction as much as 77.7%, because sour turmeric is used as an analgesic that can reduce menstrual pain. The results of the analysis obtained  $p(0.09) < (0.05)$ , it can be concluded that there is a significant difference between the intensity of acid pain before and after the experiment.*

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**1. INTRODUCTION**

Data from the World Health Organization (WHO) found that there were 1,769,425 people (90%) women who experienced dysmenorrhea. On average in European countries, dysmenorrhea occurs in 45-97% of women. With the lowest prevalence in Bulgaria (8.8%) and the highest reaching 94% in Finland (Rohmawati & Wulandari, 2019).

The incidence of menstrual pain (dysmenorrhea) in the world is very large, on average more than 50% of women in each country experience dysmenorrhea, the prevalence of primary dysmenorrhea in the United States in 2012 at the age of 12-17 years was 59.7%, with a degree of 49% mild dysmenorrhea, 37% moderate dysmenorrhea, and 12% severe dysmenorrhea which resulted in 23.6% of sufferers not attending school (JIMKESMAS, 2017).

In Indonesia, the incidence of dysmenorrhea is quite large, showing that 60-70% of women with dysmenorrhea in Indonesia are 54.89%, while the remaining 45.11% are secondary types (Nurul Husnul Lail, 2017). The prevalence of dysmenorrhea is 50-70% in the city of Pkanbaru, disturbing 50% of women during reproductive years and 60-70% in adolescents. Dysmenorrhea causes a lot of absenteeism at school and office and forces sufferers to take a break (Risksedas, 2013).

From the results of the initial survey, there were about 50 respondents of seventh grade girls at MTs Nurul Jadid, around 35 respondents had experienced menstruation and 15 respondents had not had menstruation. And from 35 respondents there are about 70% experiencing dysmenorrhea. It was obtained information that many students complained of pain during menstruation, there were even some students who fainted unconscious because they endured the pain they felt, even almost every month they did not enter because of the pain of dysmenorrhea during menstruation.

Dysmenorrhea is pain or severe pain in the lower abdomen that occurs when women are experiencing the menstrual cycle. Pain usually lasts just before menstruation, during menstruation, until the end of the menstrual cycle. Persistent pain makes the sufferer unable to do activities (Ana Ratnawati, 2018).

**2. RESEARCH METHODE**

This study is a descriptive study, to determine the effectiveness of the benefits of boiling turmeric acid in reducing dysmenorrhea pain in adolescent girls in grade VII at MTs Nurul Jadid, Indrasakti Village, Kec. Tapung Kab. Kampar Prov. Riau in 2021. The approach used in this research is direct research on the processing of tamarind boiling, which type of research measures the effectiveness of the benefits of boiling tamarind turmeric on reducing dysmenorrhea pain.

The research was conducted on March 23, 2021 at MTs Nurul Jadid, Indrasakti Village, Kec. Tapung Kab. Kampar Prov. Riau. The sample in this study was taken with the number of teenage girls in grade VII at Mts Nurul Jadid, Indrasakti Village, Tapung Kab. Kampar Prov. Riau who experienced dysmenorrhea pain as many as 35 people.

The sampling technique was carried out with a large number of young women who experienced dysmenorrhea pain. The data used is primary data. Primary data is data obtained

directly from data sources. The data was collected by means of a questionnaire and using a consecutive sampling method.

### 3. RESULT AND ANALYSIS

#### 1. Frequency Distribution of Respondents by Type of Age at first Menstruation at Mts Nurul Jadid, Indrasakti Village, Kec. Tapung Kab. Kampar Riau Province in 2021

Age	Number of Student	Percentage %
12 years old	7	20
13 years old	19	54,2
14 years old	9	25,7
Total	35	100 %

The results showed that of the 35 students who had their first menstruation, 7 students were 12 years old (20 %), 13 year old students were 19 (54.2%), 9 students were 14 years old (25.7%).

#### 2. Frequency Distribution of Respondents by Tribe in Mts Nurul Jadid, Indrasakti Village, Kec. Tapung Kab. Kampar Riau Province in 2021

Ethnic group	Number of Student	Percentage %
Melayu	5	14,2
Jawa	24	68,5
Minang	6	17,1
Total	35	100 %

The results showed that of the 35 students based on ethnicity, there were: 5 students Malay (14.2%), Javanese 24 students (68.5%), Minang ethnic as many as 6 students (17.1%).

#### 3. Distribution of Frequency Prior to the Effectiveness of Giving Turmeric Acid Decoction on Reducing Dysmenorrhea Pain in Teenage Girls Class VII at Mts Nurul Jadid, Indrasakti Village, Kec. Tapung Kab. Kampar Riau Province in 2021

Frequency of dysmenorrhea pain	Number of Student	Percentage %
Great Pain	18	51,4
Moderate Pain	11	31,4
Common pain	6	17,1
Total	35	100 %

Based on the results of univariate analysis showed that the frequency distribution after administration of turmeric acid decoction was effective in reducing dysmenorrhea pain in adolescent girls in class VII at Mts Nurul Jadid, Indrasakti village, Kec. Tapung Kab. Kampar Privinsi Riau In 2021 out of 35 students who experienced severe pain, none experienced moderate pain, 2 students experienced normal pain (5.7%), and 33 students did not experience pain (94.2%).

#### 4. Frequency Distribution Before and After The Effectiveness Of Giving Turmeric Acid Decoction To Reduction Of Dysmenorrhea Pain In Adolescent Girls Class VII At Mts Nurul Jadid Indrasakti Village, Kec. Tapung Kab. Kampar Riau Province in 2021

Frequency of dysmenorrhea pain	Number of Student	Percentage %
Great Pain	4	11,4
Moderate Pain	-	-
Common pain	31	88,6
Total	35	100 %

From the results of the study who experienced severe dysmenorrhea pain before giving sour turmeric decoction there were 18 respondents (51.4%) and after giving sour turmeric boiling there was a decrease in dysmenorrhea pain, so those who experienced severe dysmenorrhea pain were 4 respondents (11.4%). ). The results of the analysis obtained  $p(0.09) < (0.05)$ , it can be concluded that there is a significant difference between the intensity of acid pain before and after the experiment.

## 5. CONCLUSION

The results of the study showed that the characteristics of the respondents were at most 13 years old as many as 19 respondents (54.2%), based on the most ethnic groups were Javanese, there were 24 respondents, 68.5%. And before giving sour turmeric decoction, there were 18 respondents (51.4%) who experienced severe dysmenorrhea pain. And after giving sour turmeric decoction, there was a decrease in dysmenorrhea pain, and there were 4 respondents (11.4%) who still experienced severe dysmenorrhea pain.

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