APPLICATION OF GIVING CARROT JUICE TO DYSMENORRHEA PAIN IN STUDENTS AT STIKES ‘AISYIYAH SURAKARTA

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ABSTRACT

Background: Dysmenorrhea is a condition that occurs during menstruation characterized by pain in the abdomen and pelvis. Carrot juice is a non-pharmacological intervention that contains beta carotene and vitamin E to reduce dysmenorrhea pain, safe and doable. Objective: To describe the results of the implementation of the application of carrot juice to the pain of dysmenorrhea in students. Method: This application uses case study research with descriptive research methods that describe the variables in the study based on the results of research taken from the population systematic and accurate. Result: After being given carrot juice to both respondents Ms. N and Ms. Y for 1 day before menstruation 2 times, there was a decrease in the scale of pain in both respondents, namely a decrease in the level of pain scale which was all intensity of the pain was being mild pain with a scale of pain 3. Conclusion: The application of carrot juice has been proven to reduce the scale of dysmenorrhea pain in students.

Key words: Carrot juice, dysmenorrhea, students