

Influence the Awarding of a Dried Dinger Against a Decrease in Pain Dysmenorrhea in Young Women at SMK Bhakti Mulia Pare-Kediri

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ABSTRACT

Keywords :

Pain

Disminore

Ginger

Teen daughter

Introduction : Dysmenorrhea is becoming a condition that is detrimental to many women and have a huge impact on health-related quality of life. Dysmenorrhea or menstrual pain can cause teens are not able to perform daily activities, such as not to enter work or school, so if the problem is not corrected soon it would be very detrimental.

Subjectand Method : This research uses a type of quantitative research of experimental method and approach "one group pretest-posttest design". The population of this research are all student of SMK Bhakti Mulia Pare – Kediri in the department of nursing as much as 54 student with samples of as many as 20 respondents use quota sampling and accidental sampling. Test research analysis using statistical test t-test paired two sample (paired sample t-test).

Result : The results of this reserach show the value of the sig (2-tailed) = 0.000 and degrees of error (α) ; 0.05, so $\rho < \alpha$, so H0 is rejected and the H1 as accepted, it means there is the influence of dry ginger drink against granting a decrease dysmenorrhea pain on young women in SMK Bhakti Mulia Pare – Kediri the year 2017, aafter the grant of the dried ginger drinks on young women in SMK Bhakti Mulia Pare – Kediri decline the intensity of pain dysmenorrhea on the respondent as much as between 2-3 pain scale.

Conclusion : Proper handling of efforts need to be know and applied wisely by young women. The selection of herbal-based medications more recommended. Changes to a healthier lifestyle can significantly also decrease the level to pain.

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I. INTRODUCTION

At the time of menstruasi teenagers usually complain of symptoms in the first two days. The most common physical symptom is discomfort, pain and bloating in the abdominal area, a depressed area in his cock and dysmenorrhea (1). Dysmenorrhea or menstrual pain can cause teens are not able to perform daily activities, such as not to enter work or school, so if the problem is not corrected soon it would be very detrimental. Many ways to eliminate or decrease the dysmenorrhea both pharmacological and non-pharmacological. The majority of teenagers using drugs that function as analgesic drugs which require a curative for dysmenorrhea, but the drugs have adverse side effects (2). So ginger be an alternative choice of intervention, because the content of oleroresin. Oleoresin is a component bioaktif comprised of gingerol and shogaol which serves as an anti-inflammatory that can block prostaglandins, thereby impacting against the decline in the intensity of menstrual pain (3).

The number of the world's events said the prevalence of primary dysmenorrhea still reach 90% in women are active. In the United States numbers about 60% presentasenya. The prevalence of dysmenorrhea in Indonesia of 64.25% consisting of primary dysmenorrhea and 54.89% 9.36% secondary Dysmenorrhea. Primary dysmenorrhea is experienced by 60-75% of teenagers, with three

quarters of the number of teenagers experiencing mild to severe pains and a quarter again suffered severe pain (4). In Surabaya obtained amounted to 1.07-1.31% of the total visits to the gynecologist is a sufferer of dysmenorrhea. 30-60% of teens reported a woman experiencing dysmenorrhea, as many as 7-15% did not go to school or work (5). Based on a preliminary study at SMK Bhakti Noble Pare-Kediri on 5 January 2017 by doing interviews with the Chairman of the Department of nursing was obtained by data that the total number of students the school year 2017/2018 nursing majors in SMK Bhakti Noble Pare as many as 87 students. Students who have experienced dysmenorrhea menstrual time by as much as 54 students (60%) and has a level of pain that varies each student. rest as much as 33 students (40%) when the menstruation.

Ginger in the Latin language is the *zingiber officinale*, namely in the form of the famous Rhizome plants as herbs and medicinal materials. Ginger is already well known from previous period until now and have a characteristic with a sharp aroma and provide a sense of warmth from inside and outside the body. Ginger be an option due to the high content of *oleroresin*. *Oleoresin* is a component bioaktif comprised of gingerol and shogaol which serves as an anti-inflammatory that can block prostaglandins, thereby impacting against a decline in the intensity of menstrual pain. The many benefits of ginger that has been known for this among other things as a cure indigestion, analgesic, antipyretic, antiradang, antiemetic, antirematik, increase the resilience of the body, treating diarrhea, and also have antioxidant properties that its activity is higher than vitamin E (6).

Therapeutic warm drink is action by giving a warm drink to replenish the sense of comfort, reducing or exempting pain, reduce or prevent the occurrence of spasme muscle, and give a sense of warmth. Warm drinks on the body can be shaped dry and wet. The dry hot drinks can be used locally for the conduction of heat by using hot water bottles or electric heater. While the wet hot drinks can be given through conduction, drinks, packing gauze heating and bathing or showering (4). On this penelitian awarded by way of Red ginger drink using warm water.

Based on the above, then the exposure of researchers interested in researching "the effect of the grant of dried ginger drink against a decrease in pain disminorea on young women In SMK Bhakti Mulia Pare – the year 2017". This research aims to know the influence if dry ginger drinks against granting a decrease dysmenorrhea pain on young women in SMK Bhakti Mulia Pare.

II. SUBJECT AND METHOD

The design process is all that is required in the planning and execution of the research. The research design used was the design of the experimental design pre "One Group Pretest – Posttest Design". In this research the population is all of the students of SMK Bhakti Noble Pare Kediri – in the Department of nursing as much as 54 reponden. Sample penelitian this is Partly schoolgirl SMK Bhakti Noble Pare Kediri – in the Department of nursing who experience pain as much as 20 disminorea reponden. Determination of a sample is affected by factors of inclusion and exclusion, namely :

A. Inclusion Criteria

1. Students of SMK BM Pare who are experiencing pain disminorea
2. Students of SMK BM Pare who are in grades 10 and 11

B. Exclusion Criteria

1. Students of SMK BM Pare who are in addition to the Department of keperawansponden research
2. Students of SMK BM Pare who refuse become respondents
3. Students of SMK BM Pare on class 12 or class 3 which has done national exam

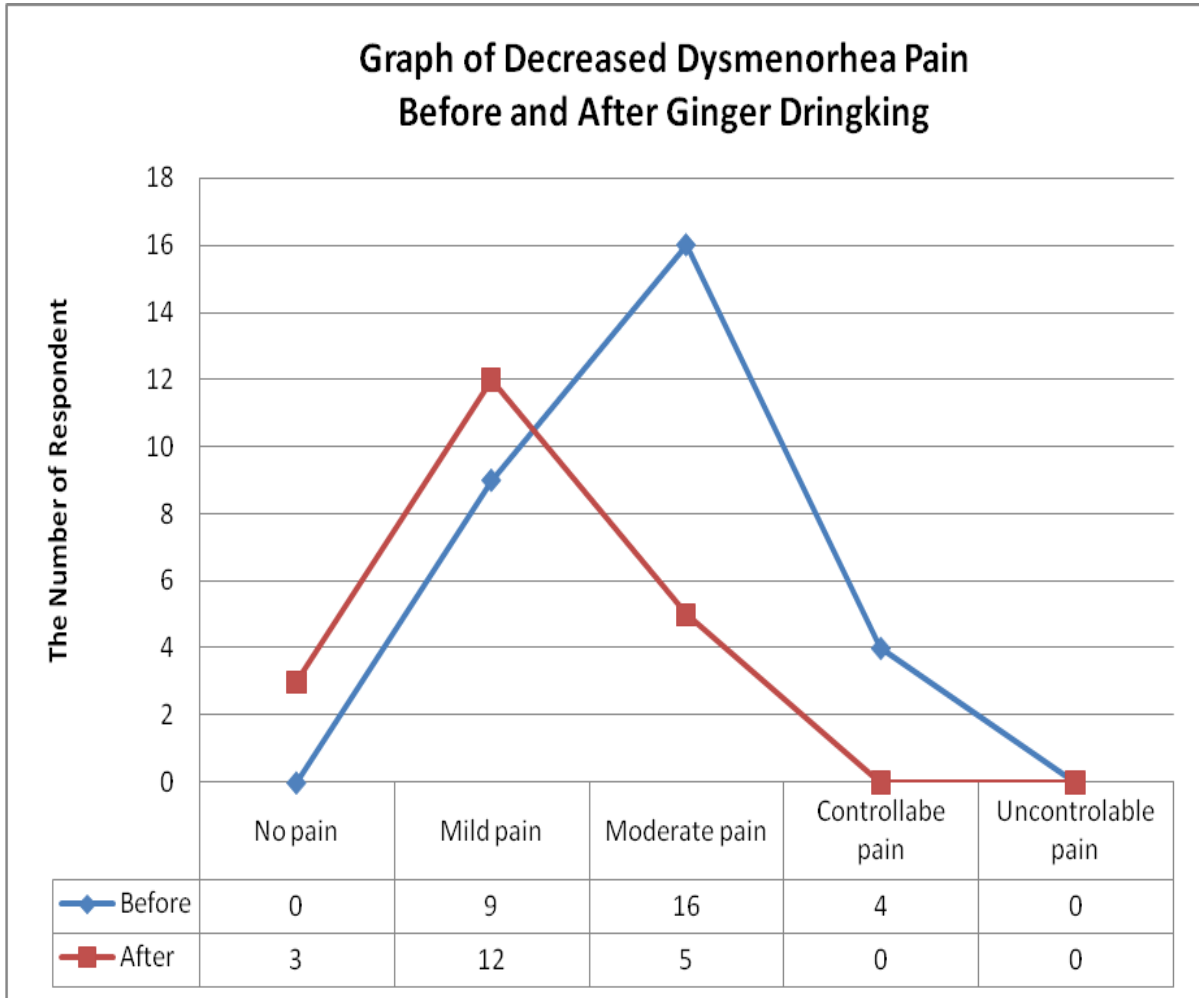
The bivariat analysis used this research to see the influence between two variables using the test dependent sample t-test (paired t-test number).

III. RESULTS AND DISCUSSION

A. Results

1. Changes A Decrease Dysmenorrhea Pain Before And After of Dry Ginger Drinking

The result of research changes a decrease dysmenorrhea pain before and after of dry ginger drinking in the low picture.



Graph 1. The Picture of Research Changes A Decrease Dysmenorrhea Pain Before And After of Dry Ginger Drinking

The results of this reserach show the value of the sig (2-tailed) = 0.000 and degrees of error (α) ; 0.05, so $\rho < \alpha$, so H_0 is rejected and the H_1 as accepted, it means there is the influence of dry ginger drink against granting a decrease dysmenorrhea pain on young women in SMK Bhakti Mulia Pare – Kediri the year 2017, after the grant of the dried ginger drinks on young women in SMK Bhakti Mulia Pare – Kediri decline the intensity of pain dysmenorrhea on the respondent as much as between 2-3 pain scale.

2. Analisis Data

Results data analysis toward the calculation of the test t-test paired two sample can be seen in the following table :

Tabel 1. Bivariat Analysis About The Influence of Dry Ginger Drinks Against Granting A Decrease Disminorea Pain on Young Women in SMK Bhakti Mulia Tahun 2017

<i>Variable</i>	<i>Paired Sample Test (ρ)</i>
The intensity of Pain Disminorea before and after the awarding of the Dried Ginger Drink with the value of the sig (2-tailed)	0,000
Standard Deviation	1,105
Correlations	0,746
Confidence Interval (<i>Lower-Upper</i>)	(-2,283) - (-3,317)
Significance $\alpha > 0,05$	
N = 20	

Data sources: primary Data; processed on 16 October 2017

Based on table 1, Note the results of data analysis using paired samples T-test (paired sample test) on the intensity of pain disminorea before and after treatment is given the granting of dried ginger miniman obtained the results of the analysis to the value of the sig (2- tailed = 0.000) and extent of error (α): 0.05, so α , so $< H_0$ is rejected and the H_1 is accepted, it means there is the influence of dry ginger drinks against granting a decrease disminorea pain on young women in SMK Bhakti Mulia Pare the year 2017, after the giving of drinks dry ginger on young women in SMK Bhakti Noble Pare Kediri decline – the intensity of pain disminorea on the respondent as much as between 2-3 pain scale.

B. Discussion

1. Identify The Intensity of Pain Disminorea Before Granting A Drink of Ginger

The respondents in this research have the intensity of pain disminore with a category of pain are due to have the experience of pain between 5 – 8 disminore pain times. This respondent was already adapting to a pain response range ever dialamiya so you can categorize the pain experienced when research has a category of pain are, however there are some respondents who still have a category severe pain is controlled.

Results in resonden can be obtained from the conclusion that the respondents before the treatment could not control the pain disminore and control himself, for the soul of a juvenile labile, usually early teens often have difficulty in accepting the physical changes and tends to be confusion in the face of sexual development, pain disminore often make restless and uncomfortable and adolescence as the age that creates feelings of fear, because the problem of conformity with the situation his new, because any change requires an adjustment period of self is marked by negative traits on teenagers so often this period is called the period of negative with symptoms such as not happy, less like work, pesimistik, and so on.

2. Identify The Intensity of Pain Disminorea After Granting A Drink of Ginger

Responen in this research have the sensitivity and responsiveness in action to lower the pain due to disminorea. It gives the implications are tallying the koping Adaptive toward the study of pain experienced by the time of the research. Efforts are being made to the respondent by drinking dried ginger disedu with warm water can lower the pain threshold to pain intensity scale with 4-0, so that the category of pain experienced by the respondents to the category of light pain and there are even some the respondents up to categories there is no pain.

The above case shows that there is a very good ginger benefits to lower painful menstruation. The respondent can do the giving of drink ginger when there are recurring painful menstruation. But there are times when the recurring pain response has the intensity of the pain with a different scale, so it needs to be anticipated in the granting of ginger. Granting of ginger is very good given the intensity of pain disminore pain category is light and medium, as well as have a little impact on the intensity of the pain of his descent benefits. so at the time of heavy pain can prepare for curative therapy with collaboration with medical personnel or pharmacotherapy.

3. The Analysis of The Influence of Dry Ginger Drinks Against Granting a Decrease in Pain Disminorea Young Women in SMK Bhakti Mulia Pare

On the research of respondents who drank ginger at the moment of pain disminore can stimulate the release of hormones adrenaline and widen the blood vessels, as a result the blood is flowing faster and smoothly and lighten the work of the heart pumps blood, so can reduce pain. However, when respondents consume ginger drink must know the intensity of pain that affect them, thus granting the respondent the ginger drink can be effective in lowering the intensity of pain disminorea.

Respondents who drank ginger, should pay attention to the indications and contraindications of deposits of ginger. Respoden also made another attempt to resolve and heal them is with dysmenorrhoea consume drugs, adequate rest, regular exercise, massage and a warm compress. In addition, menstrual pain can also be treated with herbal potions or medicinal plants apart from nyahe, for example dikolaborasi with turmeric and others. If there is no change in pain intensity and dimonorea, it needs to be a reference to medical personnel who are more expert.

IV. CONCLUSION

Summary in this study, among others; 1) nearly all respondents before administering the drink Ginger had the intensity of pain disminorea with a category of pain were as much as 16 respondents, 2) most respondents before administering the drink Ginger had the intensity of pain disminorea with mild pain as many as 12 categories of respondents, and 3) there is the influence of dry ginger drinks against granting a decrease disminorea pain on young women in SMK Bhakti Mulia Pare the year 2017, with a decrease in pain intensity disminorea on respondents as much as between 2-3 pain scale. Proper handling of efforts need to be know and applied wisely by young women. The selection of herbal-based medications more recommended. Changes to a healthier lifestyle can also significantly decrease the level to pain.

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