ABSTRAK

PENGARUH KONSUMSI TEH *OOLONG* TERHADAP SKALA NYERI DISMENOREA PRIMER PADA MAHASISWI KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Dismenorea primer merupakan masalah yang sering dialami wanita saat menstruasi dan memerlukan penanganan. Konsumsi teh *oolong* merupakan salah satu terapi non farmakologi yang dapat digunakan untuk mengurangi nyeri dismenorea primer.

Metodologi: Penelitian ini dilakukan pada bulan Januari 2024 menggunakan metode penelitian eksperimental dengan *pre post test with control group*. Instrumen yang digunakan yaitu *Numeric Rating Scale*. Teknik pengambilan sampel menggunakan *total sampling* dengan jumlah sampel 42 partisipan. Analisis data menggunakan uji *Paired Sample t-test* dan *Independen t-test*. Intervensi diberikan berupa teh *oolong* sebanyak 5 gr yang dikonsumsi satu hari sekali pada hari ke-1 dan ke-2 pada saat terjadi dismenorea primer.

Hasil Penelitian: Hasil penelitian menunjukkan nilai rata-rata skala nyeri sebelum diberikan intervensi sebesar 3,36, sedangkan sesudah diberikan intervensi nilai rata-rata skala nyeri menjadi 2,26. Karakteristik partisipan pada usia menarche mayoritas berusia ≥11 tahun, sebesar 71,4% mengalami siklus menstruasi normal, dan sebesar 54,8% memiliki riwayat keluarga yang mengidap dismenorea primer. Berdasarkan hasil uji statistik *Paired Sample t-test* menunjukkan terdapat perbedaan skala nyeri pada kelompok intervensi dan kelompok kontrol setelah mengonsumsi teh *oolong* (p=0,001, t=3,581)

Kesimpulan: Terdapat pengaruh konsumsi teh *oolong* terhadap skala nyeri dismenorea primer.

Kata Kunci: Dismenorea Primer, Menstruasi, Teh *Oolong*

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ABSTRACT

THE EFFECT OF *OOLONG* TEA CONSUMPTION ON THE PAIN SCALE OF PRIMARY DYMENORRHORE IN NURSING STUDENTS AT THE UNIVERSITY OF JENDERAL SOEDIRMAN

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Background: Primary dysmenorrhea is a problem that women often experience during menstruation and requires treatment. Consuming oolong tea is a non-pharmacological therapy that can be used to reduce primary dysmenorrhoea pain.

Method: This research was conducted in January 2024 using experimental research methods with a pre-post test with control group. The instrument used is the Numeric Rating Scale. The sampling technique used total sampling with a sample size of 42 partisipants. Data analysis used the Paired Sample t-test and Independent t-test. The intervention was given in the form of 5 grams of oolong tea which was consumed once a day on days 1 and 2 when primary dysmenorrhoea occurred.

Results: The results showed that the average of the pain scale before the intervention was 3.36, while after the intervention the average of the pain scale value was 2.26. The characteristics of partisipants at the age of menarche were mostly ≥11 years old, 71.4% had normal menstrual cycles, and 54.8% had a family history of primary dysmenorrhoea. Based on the results of the Paired Sample t-test statistical test, it shows that there is a difference in the pain scale in the intervention group and the control group after consuming *oolong* tea (p=0.001, t=3.581)

Conclusion: There is an effect of oolong tea consumption on the primary dysmenorrhoea pain scale.

Keyword: Menstruation, *Oolong* Tea, Primary Dysmenorrhea

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