

ABSTRACT

THE EFFECT OF GINGER AND OLIVE OIL ON PRIMARY DYSMENORRHEA IN FEMALE MARTIAL ARTS STUDENTS AT UNIVERSITAS JENDERAL SOEDIRMAN

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Background: Primary dysmenorrhea is a common condition that experienced by young women. This condition occurs due to increased prostaglandin production, which causes increased uterine contractions. High-intensity activities, especially among female students who are members of martial arts clubs, can increase prostaglandin production and increase pain, thus requiring treatment. Ginger and olive oil intervention is a non-pharmacological therapy that can be used to reduce primary dysmenorrhea.

Method: A quantitative quasi-experimental study with a pretest–posttest control group design was conducted using purposive sampling. The total number of samples was 38 respondents, with each group consisting of 19 respondents. The research instrument used was the Numeric Rating Scale (NRS). The intervention given was ginger and olive oil therapy, applied once on the first day of menstrual pain. Research data analysis used Wilcoxon and Mann-Whitney.

Results: Wilcoxon analysis showed a result of $p=0.000<0.05$, which means there was a significant difference in primary dysmenorrhea pain scores before and after the administration of ginger and olive oil in the intervention group. The Mann Whitney analysis showed a result of $p=0.003<0.05$, which means that there was a significant difference in pain scores after administering ginger and olive oil between the intervention group and the control group.

Conclusion: There is a significant effect of ginger and olive oil administration on primary dysmenorrhea pain scores.

Keywords: Ginger and olive oil, Menstruation, Primary dysmenorrhea, Topical application.