

## CHAPTER V CONCLUSION

### A. Conclusion

Based on the results of research on the effects of topical application of ginger and olive oil on primary dysmenorrhea in female students who are members of the martial arts club at Jenderal Soedirman University, the following conclusions can be drawn:

1. The median age of respondents was 19 years in each group. The median age of menarche was 12 years in the intervention group and 11 years in the control group, with a range of 10-15 years. A menstrual cycle of <21 days was reported by 3 respondents in the intervention group and 2 respondents in the control group. The majority of respondents had a normal menstrual cycle of 21-35 days in both group. Only 10.5% in both groups experienced menstrual cycles >35 days.
2. There was a difference in primary dysmenorrhea pain scores before and after ginger and olive oil were administered to the intervention group.
3. There was no significant difference in pre- and post-scores for primary dysmenorrhea pain in the control group.
4. There was a difference in primary dysmenorrhea pain scores after administration of ginger and olive oil between the intervention group and the control group.

### B. Research Suggestion

#### 1. Suggestion for Nursing

The results of this study are expected to form the basis for the development of nursing interventions related to non-pharmacological therapy using ginger and olive oil in cases of primary dysmenorrhea.

#### 2. Suggestion for Educational Institution

Educational institutions are expected to utilize the results of this study as educational material and for the development of learning related to the management of primary dysmenorrhea pain using a non-pharmacological approach.

### 3. Suggestion for The Next Researchers

The next researcher is recommended to control other factors that may affect primary dysmenorrhea pain, such as physical activity levels, stress, sleep patterns, nutritional intake, and the use of other analgesics. Researchers may also explore dosage, duration, and variations in carrier oil to obtain more optimal results.

