

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI D IV KEBIDANAN**

SKRIPSI, APRIL 2022

FITRI PUSPITA SARI

**PENGARUH KOMBINASI PEMBERIAN MINUMAN JAHE MERAH
DAN COKLAT HITAM TERHADAP INTENSITAS NYERI HAID PADA
REMAJA PUTRI DI SMPN 03 KOTA PEKANBARU**

Viii + 52 halaman + 4 tabel + 3 bagan + 13 lampiran

ABSTRAK

Di Indonesia pada tahun 2019 angka kejadian dismenore primer adalah 54,89% sedangkan sisanya penderita dismenore sekunder. Salah satu pengobatan non farmakologi yang cukup efisien dalam menurunkan intensitas nyeri haid adalah jahe dan coklat hitam. Tujuan penelitian untuk mengetahui pengaruh kombinasi pemberian minuman jahe merah dan coklat hitam terhadap intensitas nyeri haid pada remaja putri di SMPN 03 kota Pekanbaru. Jenis penelitian adalah pre eksperimen yakni *one group Pretest-Posttest Design*. Penelitian dilaksanakan pada bulan Januari-April 2022 di SMPN 03 Kota Pekanbaru. Sampel pada penelitian ini berjumlah 10 orang yang diambil dengan teknik *purposive sampling*. Pengumpulan data melalui lembar observasi berupa *Numeric Rating Scale*. Analisis data menggunakan uji Wilcoxon dengan taraf signifikansi 95%. Hasil penelitian didapatkan bahwa rata-rata intensitas nyeri haid sebelum intervensi adalah 4,50 (SD = 1.08) dan setelah intervensi adalah 2,70 (SD = 0.82). Kesimpulan penelitian ada pengaruh kombinasi pemberian minuman jahe merah dan coklat hitam terhadap intensitas nyeri haid pada remaja putri di SMPN 03 kota Pekanbaru ($p = 0,017$). Disarankan bagi pihak Sekolah SMPN 03 Kota Pekanbaru (Penanggungjawab UKS) untuk dapat memberikan edukasi tentang manfaat kombinasi jahe merah dan coklat hitam untuk mengurangi nyeri haid.

Kata Kunci : Nyeri Haid, Remaja Putri, Jahe Merah, Cokelat Hitam.

Daftar Pustaka : 32 Referensi (2008-2021).

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU
D IV MIDWIFERY STUDY PROGRAM**

THESIS, APRIL 2022

FITRI PUSPITA SARI

**THE EFFECT OF COMBINING RED D GINGER AND DARK
CHOCOLATE DRINKS ON THE INTENSITY OF MENSTRUAL PAIN IN
ADOLESCENT WOMEN IN JUNIOR HIGH SCHOOL 03 KOTA
PEKANBARU**

Viii + 52 pages + 4 tables + 3 charts + 13 attachments

ABSTRACT

In Indonesia in 2019, the incidence of primary dysmenorrhea was 54.89%, while the rest were secondary dysmenorrhea sufferers. One non-pharmacological treatment that is quite efficient in reducing the intensity of menstrual pain is ginger and dark chocolate. The purpose of the study was to determine the effect of the combination of giving red ginger and dark chocolate drinks on the intensity of menstrual pain in adolescent women at Junior High School 03 Pekanbaru city. This type of research is pre-experimental, namely one group Pretest-Posttest Design. The research was conducted in January-April 2022 at Junior High School 03 Pekanbaru City. The sample in this study amounted to 10 people who were taken by purposive sampling technique. Collecting data through observation sheets in the form of Numeric Rating Scale. Data analysis used the Wilcoxon test with a significance level of 95%. The results showed that the average intensity of menstrual pain before the intervention was 4.50 (SD = 1.08) and after the intervention was 2.70 (SD = 0.82). The conclusion of the study was that there was an effect of the combination of giving red ginger and dark chocolate drinks on the intensity of menstrual pain in adolescent women at Junior High School 03 Pekanbaru city ($p = 0.017$). It is recommended for the Junior High School 03 Pekanbaru City (the person in charge of School's Health Clinic) to be able to provide education about the benefits of the combination of red ginger and dark chocolate to reduce menstrual pain.

**Keywords: Dysmenorrhea, Adolescent Women, Red Ginger, Dark Chocolate.
Bibliography : 32 References (2008-2021).**