ABSTRACT

Background: Some women when menstruation with menstrual pain abdomen well before menstruation or during menstruation it is called dysmenorrhea. Symptoms of dysmenorrhea are like pain that radiate up to the back with a duration of pain approximately for 8 to 72 hours. This research aims to study how much influence soybean (Glycine max) and a combination of tamarind (Tamarindi pulpa) with turmeric (Curcuma domestica) in reducing dysmenorrhea pain scale female students in Senior High School of Pharmaceuticals Sekesal Surabaya. Methods: This research is an experimental study with Quasy-experiment design pretest-posttest design. The total sample of 27 female students included age 15-18 years in accordance with the inclusion criteria. Sampling is done by purposive sampling. The independent variables are tamarind (Tamarindi pulpa), turmeric (Curcuma domestica), and soybean (Glycine max), while the dependent variable is dysmenorrhea pain. Knowing the significant level, the data collected from a total of 27 respondents each of 9 respondents in each group and the results will be tested with test statistics Wilcoxon Sign Rank Test, Kruskal Wallis Test and Mann Whitney U Test at significant level $\alpha = 0.05$. Results: The results showed that there were significant differences in soybean (Glycine max) and combination of Javanese acid (Tamarindi pulpa) and Turmeric (Curcuma domestica) on the scale of dysmenorrhea pain. In the group of soybeans before being given therapy there were 55.6% female students suffered moderate pain, after giving therapy to 88.9% female students experience mild pain Javanese combination group with turmeric before therapy was given 55.6% female students experience moderate pain, after administration therapy to 88.9% of female students experienced no pain. Group of mefenamic acid found 66.7% female suffering moderate pain, after giving therapy to 88.9% female student experience without pain. After test of Wilcoxon Sign Rank Test and Mann Whitney U Test, it was obtained $p = 0.001$ ($p<0.05$) which means that there was significant difference to the decrease of pain scale given combination of tamarind (Tamarindi pulpa) with turmeric (Curcuma domestica) and soybean (Glycine max) in adolescent at SMK Sekesal Surabaya. Conclusion: The combination drink of tamarind (Tamarindi pulpa) with turmeric (Curcuma domestica) further decreased the scale of dysmenorrhea pain compared to soybean drink (Glycine max) in female students at SMK Farmasi Sekesal Surabaya.

Keywords: Dysmenorrhea, Turmeric, Tamarind, Soybean