**ABSTRACT**

**THE EFFECT OF GIVING RED GINGER BOILED WATER ON**

**INTENSITY OF DYSMENORHORE PAIN IN ADOLESCENT WOMEN AT SMA N 1 UBUD**

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Menstrual pain or dysmenorrhoea is very common in women of childbearing age and is very common throughout the world. Some women experience excruciating pain during menstruation that can interfere with daily life. The impact that occurs if dysmorenorrhea is not resolved is that it will cause discomfort in young women, disrupted concentration due to dysmoreregulation and disrupted daily activities. The aim of this study was to determine the effect of giving boiled red ginger water on the intensity of dysmenorrhea pain in young women at SMA N 1 Ubud. This research uses descriptive analysis with a quantitative approach. This research is a type of quantitative research with a pre-experimental approach using a one group pre-test post-test design. The population is 584 female students the sample was 34 young women. Data analysis used univariate and bivariate using the Wilcoxon test. The results of the study showed that most of the levels of dysmenorrhea pain before being given red ginger boiled water obtained a mean value of 6.09 or the average with moderate dysmenorrhea. After being given red ginger boiled water, the mean value was 1.09 or the average with mild dysmenorrhea. The p value is 0.000 < 0.05, it can be concluded that red ginger boiled water can reduce the level of dysmenorrhoea pain in young women. Health workers can provide health education and outreach regarding management or methods to reduce the level of dysmenorrhea pain in adolescent girls.

**Keywords**: Dysmenorrhea, Red Ginger, Teenage Girls, Painful