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## **RELATIONSHIP BETWEEN THE PERCEPTION OF FEMALE ADOLESCENTS ABOUT GINGER WITH THE INTEREST OF DISMENORHEA HANDLING ON HERBAL BASIS AT DHARMA PANCASILA PRIVATE HIGH SCHOOL MEDAN**

**Putri Krisna<sup>1</sup>, Monica Rizky Sihotang<sup>2</sup>, Wilfa Muslimah Sihaloho<sup>3</sup>, Septa Dwi Insani<sup>4</sup>, Marlen Sadrina Sitepu<sup>5</sup>**

Institut Deli Husada Deli Tua

Email : [putrikrisna25@yahoo.com](mailto:putrikrisna25@yahoo.com)

### **ABSTRACT**

*Referring to WHO data, it is known that 1,769,425 women (90%) experience menstrual pain (Dismenorhea). In Indonesia, it is estimated that 55% of women in productive age are tortured by menstrual pain during menstruation (Proverawati, 2017). This study aims to find out the relationship between the perceptions of young adolescents about ginger and their interest about Dismenorhea handling on herbal basis at Dharma Pancasila Private High School Medan in 2019. This study was an analytical study with a cross sectional approach where 57 female adolescents who experienced dysmenorrhea were taken as samples through techniques Proportional Random Sampling. Through the research, the following data were obtained: 41 female adolescents (71.92%) had a positive perception of ginger and 45 adolescent girls (78.9%) had interest in dysmenorrhea treatment on herbal basis. The data were collected through questionnaires which was then processed by the Fisher Exact Test test. Through the research, the value of  $p = 0.025 < 0.05$  so that it can be concluded that there is a relationship between the perception of the young girls about ginger and interest in dysmenorrhea handling on herbal basis. The health workers are expected to be more active in conducting health counseling so that the perceptions and interests of young women are increasing about the handling of herbal dysmenorhea.*

**Keywords :** *Dismenorhea, interests, teenage girls, Ginger*

### **1. Introduction**

Adolescence or adolescence comes from the Latin word 'adolescence' which means 'growing' or 'growing up'. The term adolescence comes from English, which has

a broad enough meaning to include mental, emotional, social, and physical maturity (Proverawati, 2017).

Limitation of adolescence according to the World Health Organization (WHO) in Sarwono

(2018), is 10-20 years. During this development phase a number of problems arise and from various problems and problems experienced by adolescents. One of the interesting problems to study is reproductive problems, namely menstruation.

Menstruation is a period of bleeding that occurs in women routinely every month during the fertile period. Menstruation is called menstruation, menstruation, or menstruation. Every woman has menstrual experience different ones. Some women get menstruation without complaints, but not a few of those who get menstruation accompanied by complaints in the form of dysmenorrhea that causes discomfort (Laila, 2018).

Dysmenorrhea is commonly felt by women in the first days of menstruation. Symptoms of dysmenorrhea generally include pain that comes irregularly and sharply, and cramps in the lower abdomen that usually spread to the back, radiating to the legs, base, and vulva (the outer part of the female genitalia) (Laila, 2018).

According to WHO in Proverawati (2017), 1,769,425 souls (90%) obtained women with menstrual pain (Dismenorhea) and in each country 50% of women had menstrual pain. In Indonesia the figure is estimated at 55% of women of childbearing age who are tortured by pain during

menstruation rate (prevalence) menstrual pain around 45 - 95% among women of childbearing age.

Based on Putri's research results (2017), at SMAN 52 Jakarta, 92% of students experienced disruption of learning activities and difficulty concentrating due to Dismenorhea and supported by the results of research Costa, et al (2018) at SMPN 5 Kota Kupang, that Dismenorhea affects physical responses and adolescent psychology where decreased interest in activity (lazy) 77%, anxiety 49%, irritability 56%, avoidance of contact conversation 35%, sensitive 33%, uneasy mind 26%, nervous 23% and cry easily 14%.

Efforts in dealing with dysmenorrhea can be done pharmacologically and non-pharmacologically. Pharmacologically, it can be done by consuming non-steroidal anti-inflammatory drugs Non-steroidal Anti-inflammatory Drugs (NSAIDs) that inhibit the production and action of prostaglandins. These drugs include aspirin and ibuprofen formulas.

In fact, pain relievers can only reduce menstrual pain and will cause dependence and unwanted side effects (Proverawati, 2017) and supported by Rustam's research (2014), side effects of pain relievers caused by them, namely drowsiness (56, 52%), dizziness and nausea (32.61%),

drowsiness accompanied by dizziness and nausea (10.87%). Non-pharmacological which can help reduce menstrual pain including with spices, warm compresses on the back or lower abdomen, or even warm baths, sports, aromatherapy, listening to music, reading books or watching movies (Laila, 2018). Some plants that are believed to reduce pain, one of which is ginger (*Zingiber Officinale* Rosc) which can function as an analgesic, antipyretic, and anti-inflammatory (Ramadan, 2013).

Ginger is a rhizome plant that is famous for its spices and medicinal ingredients. Ginger is a typical Indonesian plant, which has been known from ancient times until now and its various benefits. Ginger contains essential oils and oloreserin compounds that are useful for reducing pain, as an anti-inflammatory (anti-inflammatory) and also a good bacterial eradication (Ramadhan, 2013).

Based on a study by Guite (2018), in high schools in the city of Bandung, there was a significant influence on the consumption of Red Ginger decoction on decreasing dysmenorrhea. - test is 0.37 and supported by Suparmi research (2017), at Surakarta Orphanage Red Ginger extract for 3 days is effective against

= 56.6 people

Information :

n = Sample Size

decreasing the pain scale in dysmenorrhea there is a decrease in the pain scale dysmenorrhea before and after given red ginger extract the average pre-test 3 - 8 and 0-1 post-test were obtained. Based on the results of a preliminary survey conducted by researchers on January 22, 2019 with a class X student at the Dharma Pancasila High School Medan, there were 5 people who experienced dysmenorrhea consuming anti-pain medicines purchased from stalls or pharmacies without knowing the side effects of using drugs continuously and how to handle dysmenorrhea. So often these students ask for permission to go home or rest in the room of the school health unit because they have Dismenorhea so they cannot participate in learning activities. Based on the description above, researchers are interested in conducting research that aims to find out the "Relationship between Young Women Perception about Ginger with Interest in Handling Herbal Dysmenorrhea in Private High School Pancasila Dharma Medan".

The number or size of samples in this study were taken using the following formula:

$$n = 66 / (1 + 66 \cdot [(0.05)]^2)$$

N = Total Population

e = tolerable error rate (0.05)

## 2. Method

This type of research is Analytical research with cross sectional approach method, the study population is female high school students Dharma Pancasila Private High School Medan. The study was conducted in January to May

2023 with a total sample of 57 people taken by using the Proportional Random Sampling technique, then a simple random sampling technique was used, namely simple sampling, this technique divided into two ways, namely by lottery (lottery technique).

## 3. RESULTS AND DISCUSSION

### 1. Univariate Analysis Results

Table 3.1  
Frequency Distribution of Young Women Perceptions About Ginger And Interest in Herbal Dysmenorrhea.

No	Variable	F	Percentage
1.	Perceptions Of Young Women		
	Positive	41	71,92
	Negative	16	28,07
	Total	57	100
2.	Interests		
	Height	45	78,9
	Low	12	21,1
	Total	57	100

Based on the results of the study note that the majority of young women perceptions are positive as many as 41 people (71.92%) and teenage interests

the majority of women with dysmenorrhea in herbal treatments were 45 people (78.9%).

### 2. Bivariate Analysis Results

Table 3.2  
Relationship between Young Women Perception and Interest Herbal Dysmenorrhea

Perception	Interest in Dysmenorrhea Treatment				Total		Value p	RP
	Low		High		N	%		
Positive	N	%	N	%	N	%	0,025	1,561
	5	12,2	36	87,8	41	100		
Negative	7	43,8	9	56,2	16	100		
Total	12	21,1	45	78,9	57	100		

Based on table 3.2 it is known that the majority of young girls' perceptions are positive with an interest in handling herbal dysmenorrhea as high as 36 people (87.2%) and a negative perception of young girls with an interest in handling herbal dysmenorrhea as low as 7 people (43.6%). Because there is one cell that has an expected cell of less than 5, the results of data processing using the Fisher's Exact Test with a value of  $p = 0.025 < 0.05$  so that it can be concluded that there is a relationship between the perception of young women about ginger with the interest in handling herbal dysmenorrhea in Dharma Private High School Pancasila Medan

From this analysis also obtained tilapia RP (Prevalence Ratio) = 1.561 means that young women who have positive perception, has a possibility of 1.561 times more interest in handling herbal dysmenorrhea compared with less perception.

### **Discussion**

Based on the results of the research presented in the form of tables and narratives in the previous section, the next researcher discussed, the relationship between perceptions of young women about ginger with an interest in handling herbal dysmenorrhea

in Dharma Pancasila Private High School Medan with a sample of 57 people.

**B.1 Young Women Perception about Ginger** Based on the results of the study, young women have positive perceptions of 41 people (71.92%). Perception is an active process of selecting, organizing and interpreting people objects, events, situations and activities. To do that, we focus only on certain things, and then we selectively organize and interpret what we have noticed. The meaning of something for us depends on which aspect we choose and how we organize and interpret what we pay attention to (Wood, 2013).

Meanwhile, according to Djaali (2011), perception is as a process of someone understanding the environment, cognitive processes and extractive processes. The process of understanding the environment includes the organization and interpretation of stimuli in an experience, the cognitive process of interpreting objects, symbols and people with relevant experience, while the process of extracting information is prepared to respond.

Thus, perception can be interpreted as the process of receiving stimuli through the senses that are preceded by the attention of an attention, so

that the individual is able to realize, interpret, and appreciate something that observed, both outside and inside the individual. The results found that the perception of young women about ginger in the positive category is likely due to the need and availability of prior information. This is in line with Chandra (2017), which states that the factors that influence the perception of something are the availability of prior information and the person's needs. Dharma Pancasila Private High School girls are urban areas so they are easy and hear a lot of information about ginger on the handling of herbal dysmenorrhea and one's perceptions are also influenced by need factors if someone has needs, so someone will tend to perceive things based on their needs at that time. The results of this study are in line with the research of Sinambela, et al (2016) that the perceptions of young women regarding the consumption of herbal remedies to cope with menstrual pain in SMAN 8 Banjarmasin that perception is in the positive category. However, relevant information on the type of herbal medicine is needed without any side effects in the long term. According to the researchers' assumptions, the perceptions of young women about lack of ginger containing

essential oils and oleosirin which can cope with low menstrual pain may be caused because they are still in the process of behaving. This is in accordance with Benjamin Bloom (1908) in Notoatmodjo (2007) states that perceptions will be obtained from the process of sensing, applying (understanding), analyzing, summarizing (synthesis) and evaluating (evaluation) which will ultimately lead to certain behaviors. Another possible factor is because there is no reinforcing factor. B.2 Interests of Young Women in Herbal Handling Dysmenorrhea.

Interest in handling herbal dysmenorrhea is high as many as 45 people (78.9%). Interest according to the Big Indonesian Dictionary in the Ministry of Education and Culture (2016) is "a high tendency towards a passion or desire. Meanwhile, according to Slameto, interest is a sense of preference and a sense of interest in a thing or activity without anyone asking. A person is said to have an interest if he has more interest in something continuously and all that arises from his own, and disclosure through participation in an activity.

So, interest in something is the result of further learning. Although interest in something is the result of learning and supports further activities, interest is also an unintentional

concentration of attention that is born with a full will and depends on talent and the environment.

The results showed that the interest of young women towards herbal dysmenorrhea treatment in the high category is likely due to the motivation in handling herbal dysmenorrhea. This is in accordance with the Ministry of Education and Culture (2016), that the characteristics of the interest are in terms of motivation and feelings. Someone who has an interest in an object will tend to pay greater attention to that object.

An interest in handling herbal dysmenorrhea is an interest or a great desire, which comes within a person to carry out herbal treatments and accept any activities that are in it, without coercion and carried out of their own volition.

According to the researchers' assumptions, the interest of young women is low in inviting friends and family to consume herbal medicines as menstruation for the handling of herbal dysmenorrhea caused by the environment. This is consistent with the theory put forward by the Ministry of Education and Culture (2016), Interest is a desire or excitement for an activity without coercion, is very personal, although it is very personal, interest is also

influenced by the environment. Everyone must develop the interests they have. It's likely that someone already knows or hears about the benefits of ginger the environment, so that young women are increasingly giving attention or have an interest in using ginger as a treatment for dysmenorrhea he experienced.

### **3. Relationship between Young Women Perception About Ginger With Interest in Herbal Dysmenorrhea**

Based on the research results, the perception of good adolescent girls with an interest in handling herbal dysmenorrhea is good at 41 people (78.9%), while perceptions of young women about ginger with an interest in handling herbal dysmenorrhea are less at 16 people (21.1%). The results of data processing using the Fisher's Exact Test revealed that  $p = 0.025 < 0.05$  so that it can be concluded that there is a correlation between the perception of young women about ginger with the interest in handling herbal dysmenorrhea in Dharma Pancasila Private High School Medan.

Perception can be interpreted as a process of receiving stimulation through the senses that is preceded by the existence of a concern, so that the individual is able to realize, interpret, and

appreciate about something that is observed, both outside and inside the individual. While interest is a tendency and excitement that is high or a great desire takes place continuously which is able to make a person's attention pattern so that makes him be selective of the object of interest. A feeling that states that a work activity or object is valuable or meaningful to the individual. A motivational state that guides behavior toward a certain target.

Based on the results of the study showed the relationship of adolescent girls' perceptions about ginger with an interest in handling herbal dysmenorrhea is probably caused by the process of behaving. This is in accordance with the theory of Djaali (2011), perceptions will be obtained from a person's process of understanding the environment, cognitive processes and extractive processes. The process of understanding the environment includes the organization and interpretation of stimuli in an experience, cognitive process that is interpreting objects, symbols and people with relevant experience, while the process of extraction of information is prepared to respond. The possibility of young women is still the process of behaving or understanding about ginger so

that they have a high perception and interest in handling herbal dysmenorrhea.

Young women who have negative perceptions but, have a high interest in handling dysmenorrhea may be caused by factors of past experience, the availability of prior information, needs, emotions, impressions and context.

This is in accordance with Chandra's theory (2017), one's perception will be influenced by the Availability of Previous Information, The absence of information when someone receives a new stimulus for himself will cause chaos in perceiving, needs, someone will tend to perceive something based on their current needs, past experience, as a result of the learning process, experience will greatly affect someone perceiving something, emotions, will affect someone in receiving and processing information, because some of his energy and attention (being a figure) is his emotions, Impressions, prominent stimuli will first affect one's perception Larger images, contrasting colors, or strong sounds with certain pitches, will be more attractive to someone to pay attention and be the focus of their perceptions and context, can be socially, culturally, or the physical environment. Context provides a ground that determines a figure is seen.



Focus on the same figure, but in a different ground.

The results of this study were still found by young women with positive perceptions of only 71% while high interest data were obtained at 78.9%, indicating that if young women in the Pancasila Dharma Private High School experience dysmenorrhea, they would choose ginger as a treatment for herbal dysmenorrhea.

There are several factors that contribute to the interest in handling herbal dysmenorrhea according to the Ministry of Education and Culture (2016), that interest is not carried from birth but is formed, studied and interest can also be expressed through a question that shows that students prefer one thing to another. giving rise to an interest in handling herbal dysmenorrhea. Interest can also be influenced by the environment, so the family plays a big role in the formation of a person's interest in something.

#### **4. Conclusions**

1. The majority of 41 people (71.92%) young women have positive perceptions about Ginger and young women who have less perceptions about ginger containing essential oils and oleosirin that can cope with

menstrual pain as many as 16 people (28, 07%).

2. As many as 45 people (78.9%) young women have a high interest and as many as 12 people (21.1%) have a low interest in inviting friends and family to take herbal medicine as a menstrual treatment for herbal dysmenorrhea.
3. There is a correlation between the perception of young women about ginger with an interest in handling herbal dysmenorrhea in the Dharma Pancasila Private High School Medan with a value of  $\rho = 0.025$  and Prevalence Ratio = 1.561.

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