THE APPLICATION OF ROSE AROMATHERAPY ON DYSMENORRHEA SCALE IN TEENAGE GIRLS AT SMP N 8 SURAKARTA

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ABSTRACT

Background: *Dysmenorrhea is menstrual pain often experienced by adolescent girls and can interfere with activities, concentration in studying, and quality of life. One non-pharmacological therapy that can be used is rose aromatherapy, which has analgesic and relaxing effects.* ***Objective:*** *To describe the results of applying rose aromatherapy before and after its use on the dysmenorrhea scale in adolescent girls at SMP Negeri 8 Surakarta.* ***Methods:*** *This study used a case study design with a descriptive pre- and post-approach on two adolescent girls who met the inclusion criteria. The intervention consisted of giving 20% rose aromatherapy candles for 60 minutes, conducted for three consecutive days. Pain intensity was measured using the Numerical Rating Scale (NRS) before and after the intervention.* ***Results:*** *The application of rose aromatherapy showed a decrease in pain levels in both respondents. For Ms. B, the pain scale dropped from 5 (moderate pain) to 0 (no pain), while for Ms. F, it went down from 5 (moderate pain) to 1 (mild pain).* ***Conclusion:*** *Using rose aromatherapy has been proven effective in reducing dysmenorrhea in teenage girls and can be used as a non-drug complementary therapy to help relieve menstrual pain.*

Keywords: *Dysmenorrhea, Rose Aromatherapy, Teenage Girls*