THE EFFECT OF CARROT JUICE ADMINISTRATION ON REDUCING DYSMENORRHEA IN ADOLESCENTS

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ABSTRACT

Background: Background: *Dysmenorrhea is commonly experienced by adolescent girls and disrupts daily activities and quality of life. Carrot juice, which is rich in beta-carotene, vitamins C, E, and antioxidants, can serve as a safe non-pharmacological alternative to inhibit prostaglandin production and reduce pain.* ***Objective:*** *To determine the effect of carrot juice administration on reducing dysmenorrhea among adolescents in Karang Taruna, Sukorejo Hamlet, Kedungjeruk Village.* ***Methods:*** *This pre-experimental study used a one-group pretest-posttest design involving 33 adolescent girls selected through quota sampling. The intervention consisted of administering carrot juice (250 grams of fresh carrots, 200 cc of water) twice a day on the first day of menstruation. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention, and data were analyzed using the Wilcoxon Signed Rank Test.* ***Results:*** *Before the intervention, the majority of respondents experienced moderate dysmenorrhea, which decreased to mild pain after receiving carrot juice. The statistical test showed an Asymp. Sig. (2-tailed) value of 0.000 ($p < 0.05$), indicating a significant effect.* ***Conclusion:*** *The administration of carrot juice significantly reduces the intensity of dysmenorrhea in adolescents at the study site, making it an effective alternative non-pharmacological therapy.*

Keywords: *Adolescent, Carrot juice, Dysmenorrhea, Menstrual pain, Non-pharmacological therapy.*