

## Midwifery Care in Adolescent Dysmenorrhea with Acid Therapeutic Dimadrasah Tsanawiyah Daarun Najah Teratakbuluh 2019

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**Abstract-** *Dysmenorrhea is pain in the pelvic area due to menstruation and the production of a prostaglandin. In Indonesia the incidence of dysmenorrhea is composed of 72.89% and 21.11% of primary dysmenorrhea and secondary dysmenorrhea. Dysmenorrhea incidence ranges from 45-95% among women of childbearing age. The role of the midwife one for primary dysmenorrhea interference problems with their education about menstruation in adolescents. Minuman turmeric pain-reducing acid on primary dysmenorrhea have minimal side effects and are not adabahaya if taken as a case study kebiasaan. Laporan was created with the purpose to provide care in adolescents who experience dysmenorrhea. The method used is a case study given to the teenager who mengalami Dismenore in MTs Daarun Najah with turmeric acid therapy. After being given the care for 3 times the therapy to patients 2 times a day in the morning and during the day is consumed after a meal, the results obtained are adolescent dysmenorrhea decreased pain numeric scale from number 4 to the scale number 2. Expected results of this case study can provide useful information on adolescent reproductive health and read the posters that have been pasted on the bulletin board at school.*

**Keywords :** Midwifery care teens, dysmenorrhea, Turmeric acid

### 1. Introduction

Teenagers are the future of the onset of puberty until it reaches maturity. Usually ranging from age 14 in men and age 12 in women. The characteristics of the body changes during adolescence, hormones testosterone will lead to the growth of fine hairs around the armpits, genitals, grow a beard and mustache, a change in voice, pimple and mulaidiproduksinya sperm at certain times of self keluar. pada girls begin to grow breasts, hips widened and enlarged so that it does not look like a kid again da start to grow fine hair. In adolescent boys, as a wet dream. Reproductive organs during puberty is the male begin to produce sperm and the start of menstruation women (Janiwarty, B, 2012),

Adolescent reproductive health is still an issue that needs perhatian. Kesehatan not only adolescent reproductive sexual problem but also concerning all aspects of reproduction. An understanding of menstruation is necessary to be able to encourage teens they experienced and ketidaknyamaan associated with the so-called dysmenorrhea (Apriyanti, Harmia, and Andriani, 2018),

*Dysmenorrhea* is pain in the pelvic area due to menstruation and the production of substances prostaglandin. Nyeri reduced after menstruation, but in some women the pain may continue to be experienced during the period came from muscle pain menstruasi. Penyebab rahim. Hampir all women never feel dysmenorrhea with various levels, ranging from a mere aches draped from the inside to the incredible pain pain. Pain during menstruation causing inconvenience in daily physical activity, these complaints related to repeated absenteeism in schools so that disrupt productivity (Proverawati, 2009),

According to data from the World Health Organization (WHO) in 2013 found the incidence of dysmenorrhea amounted to 1,769,425 people (90%) of women with dysmenorrhea by 10-15% experienced severe dysmenorrhea. The incidence of dysmenorrhea in the world is very large, averaging almost more than 50% of women experience it. Genesis dysmenorrhea in Indonesia is also no less high compared with other countries in the world. According Proverawati & Misaroh (2012) in Indonesia incidence of dysmenorrhea is composed of 72.89% and 21.11% of primary

dysmenorrhea and secondary dysmenorrhea dysmenorrhea incidence ranges from 45-95% among women of childbearing age.

Despite complaints dismonore common in women, the majority of women with dysmenorrhea rarely go to the doctor, they treat dysmenorrhea with free drugs without a prescription. It has been researched that 30-70% of young women treat dysmenorrhea with anti-pain medications that are sold freely. This is very risky, because of the side effects of the various kinds of medicines if used freely and repeatedly without medical supervision(Made & Goddess, 2013),

The role of the midwife one of them to the problem of reproductive disorders, especially in primary dysmenorrhea in the prevention and treatment of reproductive disorders midwife is the facilitator in promoting health for example, their education about menstruation in adolescents and pain that arise during menstruation or called dysmenorrhea Midwives deliver continuous and complete, focusing on the prevention, treatment and health promotion with grounded in partnerships and community empowerment together with other health workers to always be ready to serve anyone in need whenever and wherever he is (Apriyanti et al., 2018),

To cope with dysmenorrhea can be done with pharmacological and non-pharmacological therapy. Pharmacological therapy, among others, the provision of analgesics, hormonal therapy, non-steroidal drugs prostaglandins, and dilatation of the cervical canal. For non-pharmacological therapy is done by, among others, warm compresses, sports, Mozart therapy, and relaxation, and drink herbs like turmeric, tamarind(Suri & Nofitri, 2014),

Drinks turmeric, tamarind is a drink that is mixed with the main ingredient of turmeric and tamarind, naturally turmeric is believed to have active ingredients that can serve as analgesics, antipiretika, and anti-inflammatory as well as sour (tamarind) which has an active ingredient as anti-inflammatory, antipiretika and tranquilizers Results of previous studies have shown that curcumin is safe and not toxic when consumed by humans, the amount of curcumin that is safe for human consumption is 100 mg / day. Drinks turmeric, tamarind as a deduction of pain in primary dysmenorrhea have minimal side effects and are not adabahaya if consumed as a habit(Winarso, 2014),

## 2. Methodology Case

Methods This report is a case study with a background in midwifery care in adolescent dysmenorrhea with turmeric therapy asam.Pengambilan do in case of MTs Daarun Najah Teratak reed on 17-20 July 2019.

Instruments used in the form of documentation format obstetrics reproductive health care, screening tools (Stetoskop, tensionmeter, thermometer, watches), the use of leaflets for counseling, preparing documentation camera.

### 2.1. Case study

#### a. Study I

The first visit took place on 17 July 2019, at 13.00 pm. Implemented in MTs Daarun Najah Teratak Buluh.Nn. B said 16-year-old, MTS education class XI, first menarche was 14 years old, a regular cycle, pain on the eve of and during menstruation, last menstrual June 14, 2019, the activities of daily help with the housework, not married, have no history disease and have no family history of disease, anxiety has not got my period this month, lower abdominal cramps, breast tense, impaired learning activity was silent in class.

The general state of good and composmentis consciousness, vital signs: blood pressure 100/70 mm Hg, respiratory 18 x / min, 78x pulse / min, temperature 36,50C, before april body weight: 37 kg, BMI: 16.4 (underweight), height: 150 cm, special examinations (abdomen: tenderness lower abdomen) .Konseling mentruasiMenstruasi a result of the decay of blood out of the uterus wall that flows from the uterus toward the cervix and then out through VAGIN, occur periodically and siklic (monthly) , Menstrual disorders shape one that is painful menstruation or called dysmenorrhea dysmenorrhea dismenore.Konseling about the symptoms before and during menstruation is characterized by symptoms of cramps in the lower abdomen, breasts feel tense, back and waist pain

and headache. Counseling therapy turmeric Turmeric acid phenolic compounds containing acid, analgesics, anti-inflammatory, antioxidant, antimicrobial, and serves as a blood purifier and pain relieving drugs and sweat bullets. The author revisits the approval adolescents and families of patients to visit the house again on 18 July 2019.

**b. Study II**

The second visit took place on 18 July 2019 home patients in Jalan Teratak reed, Rt 01 Rw 02. Under abdominal cramps, breast tense, When the pain never consumed drugs, herbal medicines and so forth and this pain interfere with activities such as simply remain silent class hold because of abdominal pain. The general state of good and composmentis consciousness, vital signs: blood pressure 100/70 mm Hg, respiratory 18 x / min, 78x pulse / min, temperature 36,50C, Young looked withstand pain, Teen drinking turmeric, tamarind and menstrual pain scale figure 4 Measure Measuring pain scale with the scale nyriVisual (Visual Analogue Scale, VAS), which asks the patient shows one number from 10 numbers given and member explanation of the pain and the patient's penyelesaian designate one number which is a number 4 **Informing the Giving herbs turmeric, tamarind** Giving herbs turmeric, tamarind was given two days before menstruation and 2 days during menstruation. Herbal turmeric this acid drink 2 cups (@ 100ml) a day should be taken after meals Ensuring teenagers drinking the herb turmeric, tamarind Ensuring teenagers drinking potions through via WhatsApp at night and come every day to know what influence whether or not a concoction made it terhdap dysmenorrhea is back to visit the author received approval for the patient's mother and family back home visits on 19 July 2019.

**c. Study III**

A third visit on 19 July 2019 home patients in Jalan Teratak reed, Rt 01 Rw. 10:00 got my period this morning, has been taking herbs turmeric, tamarind, herbs are given not too .pahit there feels his palm sugar, no change after drinking herbs turmeric his pain a little bit less of the common good and awareness biasanyaKeadaan composmentis, TTV pressure 100/70 mmHg blood, breathing 18 x / min, 78x pulse / min, temperature 36,50C, Young looked withstand pain, Teen drinking turmeric, tamarind and menstrual pain scale figure 4. Evaluation of turmeric acid therapy evaluation was done on after administration therapy during menstruation, teens say no change in pain after therapy is given turmeric, tamarind Inform Manufacturing Manufacture herb turmeric acid is made with a natural material that is turmeric, aqueous solution of tamarind, palm sugar, and honey. Ways of manufacture is turmeric washed and peeled and grated, then enter as many as 100 ml of hot water and enter the water solution of tamarind and palm sugar. After that tapiskan in a glass and add 1 tablespoon of honey.

**d. Study IV**

A visit to the four carried out on 20 July 2019 home patients in Jalan Teratak reed, Rt 01 Rw.02. Teens say it has been taking herbs turmeric, tamarind, teenagers have started to beratifivitas mengataan as usual and teenagers teens say no change after taking herbs turmeric his pain a little bit less than usual. The general state of good and composmentis consciousness, vital signs: blood pressure 100/70 mm Hg, respiratory 18 x / min, 78x pulse / minute, the temperature 36,50C menstrual pain scale number 2. Evaluation of turmeric acid therapy

The evaluation was done in after therapy during menstruation, teens say no change in pain after therapy is given turmeric, tamarind. Management further dysmenorrhea drinking water, reduce drinking coffee because coffee will exacerbate membua body cramps and discomfort, adequate rest while doing pull a deep breath and exhale slowly, compress sections of pain with no warm water gently massage the abdomen.

**3. Discussion**

**a. Anxiety Level**

Potter & perry, 1997 in revealing that increased anxiety often increase the pain, but pain can also cause a feeling of anxiety. This is also consistent with the results penilitian by Wadhwa, 2004 revealed that depression and anxiety were found to have a significant relationship with pain during menstruation(Suri & Nofitri, 2014),

Research conducted by (Judha, Sudarti, and Fauziah, 2012)entitled "Relationship Anxiety Level with dysmenorrhea Degrees In The Moderate Mahasisiwi Prepare Final at the Department of

Nursing Program 2009 A Force Medical Faculty". This study aims to determine the relationship with the degree of dysmenorrhea anxiety levels in the Medium Develop Student Final Project at the Department of Nursing Program 2009 A Force Brawjaya University School of Medicine. The study design used is cross sectional. Samples were students from the Department of Nursing Program 2009 A Force Brawjaya University School of Medicine who is writing his thesis. The sample was selected using purposive sampling with a sample of 52 students.

Cerika Rismayanthi, 2013 explain that dysmenorrhea caused by an imbalance of the autonomic nervous system control of the myometrium. In these circumstances occur excessive stimulation by the sympathetic nerves that serabutserabut circular on the isthmus and the os internum be hipertoniK. Kadar vasopressin in women with primary dysmenorrhoea is very high compared with women without dismenorea. Pemberian vasopressin during menstruation causes increased uterine contractions, decreased blood flow the uterus and cause nyeri. Namun, until now the exact role of vasopressin in the mechanism of occurrence of dysmenorrhoea is still jelas. Prostaglandin plays an important role in the occurrence of dismenorea. Prostaglandin are at play here, namely prostaglandin E<sub>2</sub> (PGE<sub>2</sub>) and F<sub>2α</sub> (PGF<sub>2α</sub>). (Wulandari, 2017),

#### **b. Body Mass Index**

Penelitian Okoro, 2013 in Nigeria shows that students who have a low BMI gets dysmenorrhoea are heavier than students who have a high BMI (Nyoman, Wijayaswari, & Purnawati, 2015),

research from (Wulandari, 2017) which indicates that the relationship between BMI with primary dysmenorrhoea get a p-value of 0.16. Studies of Al Dabal et. al., get a p value of 0.661 in relation BMI and primary dysmenorrhoea. Similar results were obtained by Singh et. al., that the study also found no correlation between BMI with dysmenorrhoea with ap value of 0.22.

#### **c. Menstrual Pain Level Before Therapy is Given Turmeric, Tamarind**

Based on the survey conducted on female students Tsanawiyah Daarun Madrasah Najah reed hut before therapy is given turmeric, tamarind that the student is experiencing pain scale number 4 while experiencing dysmenorrhea.

Dysmenorrhea is a menstrual pain before or during menstruation, to make these women can not work and must sleep, pain often along with nausea, headache, feeling faint, irritability (Suri & Nofitri, 2014),

The pain is described as similar-convulsive, spasmodic, localized in the lower abdomen (suprapubic area) and can spread to the thighs and waist bawah. Dapat accompanied by nausea, vomiting, diarrhea, headache, lower back pain, irritability, fatigue. Judging from the severity of pain, dysmenorrhea is divided into three, namely: dysmenorrhea light, which dysmenorrhea with pain that lasts a few moments that need a short break to relieve the pain, without the use of drugs, dysmenorrhea moderate, ie dysmenorrhea who require medication to relieve pain, without leaving your daily activities, severe dysmenorrhea, which is dysmenorrhea who need a break for so long with the result leaving the daily activities for one day or more (Wulandari, 2017),

Before menstruation or dysmenorrhea pain is something that is not taboo anymore for young women ahead of or during menstruation. With different levels of pain perception that women have different pain response, both from mild or severe depending on the individual and based on interviews with respondents found that the pain was disturbing activities. So, we need an action to reduce the pain by delivering therapeutics acid turmeric.

#### **d. Menstrual pain level after given therapy turmeric, tamarind**

Based on the survey results that didadapatkan scale of pain experienced by adolescent dysmenorrhea in MTs Daarun Najah after given therapy turmeric, tamarind showed that adolescents decreased pain scale, which is a number 2.

dysmenorrhea is one among the four menstrual abnormalities, ie irregularity cycle or cycles, longer menstrual bleeding is more than 10 days, the amount of blood a lot of lumps and nyari accompanied menstruation, menstrual pain generally is not a single, but in combination with these disorders (Winarso, 2014)

Anti-inflammatory activity of curcumin has also been tested, curcumin affects the synthesis of compounds that cause inflammation by inhibiting the biosynthesis of leukotrienes and have an effect on the production of these substances prostaglandin. Kedua cause pain and heat. From studies conducted seen that substantive progress of curcumin to reduce pain (Suciani, Utami, and the Goddess, 2004),

The result of the level of pain scale decreased, ie before the therapy is given the number 4 after a given therapy to be scaled 2. Based on the facts and the existing theory of acid turmeric can reduce pain so as not to interfere with daily activities that turmeric acid unsuitable for consumption as therapy dysmenorrhea.

Turmeric contains phenolic compounds that are believed to be used as an antioxidant, analgesic, antimicrobial, anti-inflammatory and can cleanse the blood. Tamarind has active ingredients, namely anthocyanins which can be used as anti-inflammatory antiperitika and, as a blood purifier compound and serves as a pain-killers and sweat bullets (Apriyanti, Harmia, and Andriani, 2018),

#### e. Effect of acid turmeric therapy

Granting herbs turmeric, tamarind in adolescents given 2 days before menstruation and 2 days during menstruation. This acid turmeric herbal drink 2 glasses a day should be taken after meals. supported also in penilitian (Suciani et al., 2004) entitled "The effectiveness of extract of turmeric, tamarind to the reduction of dysmenorrhea pda teenage daughter in the village of mine subdistrict shoulder district ponorogo" that extracts of turmeric, tamarind efekif lowered dysmenorrhea in adolescent girls with drinking turmeric acid consumed during menstruation, day 2 times as much as 1 cup in the morning and evening after meals

Evaluate the acid turmeric therapy after therapy is done at the time of menstruation, teens say no change in pain after being given therapy asam. Hal turmeric is supported by research (Wulandari, 2017) with the title of "the effect of turmeric, tamarind to treatment of menstrual pain of female students in class XI SMA Negeri 1 Sugihwaras", the result of the 30 respondents who consume turmeric, tamarind, there are more than the majority of respondents experiencing menstrual pain lightly as many as 19 respondents and 30 respondents who did not consume turmeric, tamarind there are more than a majority of respondents experienced a moderate menstrual pain as much as 17 respondents. It menunjukkan girls who consume turmeric, tamarind likely to experience menstrual pain ringan. Sehingga degree scale can be deduced Ha accepted which means no influence on the handling of acid turmeric dysmenorrhea in class XI student of SMAN I Sugihwaras.

Preparation of turmeric, tamarind, According (Nur, 2010) Herbal medicine, is made with natural ingredients that turmeric, a water solution tamarind, palm sugar, and honey. Ways of manufacture is turmeric washed and peeled and grated, then enter the hot water and enter the water solution of tamarind and palm sugar. After that tapiskan in a glass and add 1 tablespoon of honey.

#### 4. Conclusion

After midwifery care for 3 times the therapy turmeric, tamarind at one time before menstruation and 2 times just before menstruation, given two times a day taken in the afternoon and evening, the results obtained dysmenorrhea experienced by adolescents experienced a reduction in visual analogue scale of pain that is out of scale number 4 to the scale of figure 2. for further upbringing juvenile recommended drink plenty of water, adequate rest while doing pull a deep breath and exhale slowly, compress sections of pain with no warm water gently massage the abdomen.

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