THE EFFECT OF GIVING BLACK GLUTINOUS BARTAPE SNACKS (ORIZA SATIVA GLUTINOSA) ON THE INTENSITY LEVELS OF MENSTRUAL PAIN IN TEENAGE GIRL

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ABSTRACT

Abstract: Dysmenorrhoe is a situation in which a woman who wills or is experiencing menstruation feels pain. This cramps-like pain is felt in the lower abdomen, usually starting 24 hours before menstruation begins and lasts until the first 12 hours of menstruation, after which all the discomfort has disappeared. The cause is an imbalance of the hormone progesterone in the blood. Various treatment efforts have been made to alleviate these pain symptoms both pharmacologically and non-pharmacologically. Non-pharmacological treatments include giving warm compresses, massages, efflurage, distractions, physical exercise, and adequate rest or consuming foods that contain anthocyanins and flavonoids, one of which is the administration of Black Glutinous Tape.

Methods: The research method used is quasi-experimental research design with one group pretest-posttest without control. The sample is 35 female teenage girls (ages 10-19 years) as many as 35 respondents, with a purposive sampling technique. Data analysis consisted of univariate analysis with (mean and standard deviation) and bivariate analysis using the Chi Square test.

Result: showed there was a decrease in the intensity of menstrual pain in female adolescents showed a decrease from pre-test 4.54 to 3.06 post test. Statistical tests using the Wilcoxon sign rank test obtained a probability value of 0.000, smaller than alpha 0.05.

Conclusion: Giving black sticky rice tape to Teenage girls who reduce dysmenorrhea as a snack can reduce fatigue as a non-pharmacological alternative.

Keyword: Dysmenorrhea, Teenage girl, Granting Black Glutinous Tape Snack

BACKGROUND

Menstruation is bleeding in a manner periodic accompanied endometrial shedding after cycle hormone - induced ovulation _ reproduction and begins at 14 days after ovulation(1). Cycle time menstruation somebody often very accompanied annoyance and inconvenience physique like cramps, the so-called pain with dysmenorrhea. Dysmenorrhoe is very painful menstruation without exists pelvic abnormalities. The incidence rate in Indonesia reaches 55% in women age productive experience painful during menstruation, and in some people
who experience symptom painful heavy will bother activity.

Nearly 50% of women worldwide experience dysmenorrhea, while in Indonesia itself number it happened around 55% by age reproductive, with incidence by age woman youth (adolescents) as much as 16.8 – 81% (6). States incident dysmenorrhea light on teenagers as much as 18%, while 62% and dysmenorrhea weight 20% (5).

Out of 100 women aged 15-30 years 71% experience it dysmenorrhea, with disturbance activity as much as 59.2% experienced decline productivity work, 5.6% do not can enter Work or school (4). Meanwhile according to the opinion of Woo and Mc. (5) states that 40 - 90% of women who experience dysmenorrhea which one from three mercy woman the No present work and school for 1-3 days. Incidence rate dysmenorrhea that occurred in adolescence in West Java as much as 59.9% with degrees severe, impactful pain to absence from school 1 – 3 days (6), p the bother activities and activities learn, which in the end bother to performance learn. The research results of CE show that incident dysmenorrhea as much as 97.5% (7).

Various effort maintenance already done for relieve symptom painful This Good in a manner pharmacological and non-pharmacological. Non-pharmacological treatment among them is give compress warm, massage, efflurage, distraction, exercise physical, and get enough rest nor consume material containing food anthocyanin and flavonoids, one of them is gift Sticky tape black. Sticky tape black is one containing food anthocyanin with content sticky tape anthocyanins black 3.48 mg/100g, while the total phenol of sticky tape black namely 73.38 mg/100gr. Activity sticky tape antioxidant black namely 70.2% (8).

Ethanol levels of sticky tape black namely 1.14, the total sugar content of sticky tape black 18.31% as well pH level of glutinous tape black namely 3.83 and total glutinous tape acid black namely 0.91%. Tapes made from sticky rice black own activity more antioxidants high, in comparison with sticky rice white, because of the total components phenolics, flavonoids and anthocyanins sticky rice black own content component more phytochemicals tall compared to rice sticky rice white (9). Flavonoids are substance that can hinder cyclooxygenase production, so can used for relieve pain (10). Study mention Wrong One contains flavonoids lower intensity pain (11). Research results previously show that has There is product processed from sticky tape black namely Black Ketan Tape Snack Bar. Black Glutinous Tape Snack Bar weighing 30 grams contains 60.49 grams of kcal, 13.16 kcal of protein and 7.86 kcal as well as produced 81.51 kcal total energy, 15.12 grams of which originate from Carbohydrates, 3.29 grams of origin of Protein, and produced 0.87 grams of origin from Fat (6).

Research results showing that in 100 gr Black Glutinous Tape Snack Bar there are 111.528 mg/100gr of anthocyanins. Adequacy anthocyanin ie 100 mg / day, For distraction, distribution distribution Eat a day i.e. 10% of sufficiency, so adequacy anthocyanin in 1 interlude which is 10 mg. Then with consuming 1 cut the sticky tape snack bar black rice black (100 gr) able sufficient adequacy anthocyanin as much as 334.5% in 1 interlude (8).

Research results showing that rate fiber can namely 6.31%. percent (%) referred to is percent (%) weight / weight. Conversion done with change % units to grams (gr) for convenience know fulfilling amount need humans per day, that is with principle 1% weight / weight = 1 gr / 100 gr, then 6.31% is equated with 5.8 % wt / wt, then changed unit to 6.31 gr / 100gr. Based on conversion the got that in 100 gr of material / product there are 6.31 grams of fiber. Adequacy fiber ie 25 gr / day. For distraction, distribution distribution Eat a day i.e. 10% of sufficiency, so adequacy fiber in 1 interlude which is 2.5 mg. Then with consuming 2 portion of sticky tape muffins black rice black (100 gr) able sufficient adequacy fiber as much as 252% in 1 interlude (8).

**METHOD**

Study This done with design study quasi experiment. With use design study one group pretest- posttest. Draft quasi-experimental research with one group pretest- posttest is research that doesn't There is group comparison (control). The sampling technique used in this research purposive sampling. Calculation results formula on obtained amount sample (n) 35 people.

Study will done at school Middle School in ward Pasirkaliki Bandung in 2019.
Data used is primary data. Primary data collected direct from respondent through charging questionnaire after given explanation and respondents give agreement with sign sheet approval. Preliminary data collected is identity experienced respondents dysmenorrhea with use biodata sheet , next respondent will given a black sticky tape snack bar in accordance procedures by researchers. Researcher every day will give 1 piece of Black Glutinous Tape Snack Bar for 30 days in food as distraction . Consume the sticky tape bar snack black given every day and way consume supervised by the teacher for avoid respondent forget consume it. Researcher observe change intensity pain at the moment menstruation next.

Study This using instruments such as sheet observations and sheets interview . measuring tool for the dependent variable / variable not free intensity painful primary menstruation used is scale pain 1-10. Observation sheet containing about criteria painful somebody based on scale used that is scale pain 1-10. Whereas sheet interview containing around primary dysmenorrhea experienced by respondents covers location pain, pain felt, when painful begins, pain going on how long, whether painful happen every menstruation and factors what influences happening enhancement pain. Visual Analog Scale (VAS) For measure scale painful is numbers 0-10 ( 12). Scale 0 , no pain , Scale 1 , very mild pain, Scale 2, pain light. There is a sensation like pinched, however No so pain, Scale 3, pain Already start feels, however Still Can tolerated, Scale 4, pain Enough bothersome ( e.g. pain Sick teeth ), Scale 5, pain truly disturbing and not Can hushed up in long time, Scale 6, pain Already until stage bother senses, especially sense vision, Scale 7, pain Already make you not Can do activity, scale 8 , pain cause you don't Can think clear, even happen change behavior, Scale 9, pain leaving you screaming and wanting method whatever For cure pain, Scale 10, pain was in the most severe stage and could cause you don't wake up self.

The bivariable analysis chosen to test the hypothesis is by testing chi square to test influence provision of Black Glutinous Tape Snack Bars to intensity painful menstruation on teenager girls.

### RESULTS

Intensity of Menstrual Pain in Adolescent Girls in the Working Area of the Pasirkaliki Public Health Center, Bandung City.

Table 1. Average Menstrual Pain Intensity

<table>
<thead>
<tr>
<th>Variable</th>
<th>N</th>
<th>Mean Ranking</th>
<th>Sum of Ranks</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>post test</td>
<td>26</td>
<td>14.31</td>
<td>372.00</td>
<td>0.000</td>
</tr>
<tr>
<td>pre test</td>
<td>1</td>
<td>6.00</td>
<td>6.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8c</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>35</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table above give picture, that intensity painful menstruation in adolescents daughter show decline from pre test 4.54 to post test 3.06. Effect of giving black sticky tape snack bars on the intensity of menstrual pain in Teenage girl in the working area of the Puskesmas Pasirkaliki City of Bandung. Analysis Influence provision of sticky tape snack bars black to Menstrual Pain Intensity

Table 2. Analysis Influence provision of sticky tape snack bars black to Intensity of Menstrual Pain in Adolescents Daughter
Public health center Pasirkaliki City of Bandung.

Based on from results Statistical test using the Wilcoxon sign rank test was obtained mark probability 0.000, over small from alpha 0.05. The test results show that There is difference intensity painful before and after provision of sticky tape snack bars black in Teenagers Princess In The Working Area Public health center Pasirkaliki City of Bandung. this  show that There is influence in a manner meaning intensity painful period after given a sticky bar snack black for 30 days on group intervention. because inside 100 grams of sticky rice snack bars black contain useful antiionins and flavonoids as an anti- inflammatory, accordingly with results study Wiesere in 2007 Anthocyanins and flavonoids have benefit as an anti-inflammatory so that hinder or reduce happening inflammation or even hinder uterine contractions. As analgesic will hinder Excessive prostaglandin release through network uterine epithelium and will Hinder uterine contractions so will reduce happening dysmenorrhea (13). Anti-inflammatory push release of prostaglandins and leukotrienes in the endometrium resulting in contraction strong so that pain is known as dysmenorrhea or painful menstruation(14).

Research Results dr. Marianti 2016 Flanoid _ in body man function as antioxidants so very good For prevention cancer . The benefits of flavonoids include : For protect structure cell , increase the effectiveness of vitamin C, anti-inflammatory , preventing porous bones and such antibiotics (15).

Research results showing that in 100 gr Black Glutinous Tape Snack Bar there are 111.528 mg/100gr of anthocyanins . Adequacy anthocyanin ie 100 mg / day , For distraction , distribution distribution Eat a day i.e. 10% of sufficiency , so adequacy anthocyanin in 1 interlude which is 10 mg. Then with consuming 1 Cut the sticky tape snack bar black rice black (100 gr) able sufficient adequacy anthocyanin as much as 334.5% in 1 interlude (8).

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Menstrual Pain Level in Primary Dysmenorrhea Before Given sticky tape snack bar black Pain scale menstruation in perceived primary dysmenorrhea respondent before given a sticky tape snack bar black on the group treatment i.e. the average on the scale pain 3-7, Research This supported with research conducted by (16) regarding dysmenorrhea with the average result of the respondents experience painful with scale pain 6. Based on results research that has done show that scale group pain _ that treatment often experienced that is, on a scale pain 6, meanwhile age experienced respondents _ painful period is 10-19 years ,, so function increased prostaglandin secretion which in turn pain occurs _ when menstruation . Age menarche is one _ possible factor _ influence dysmenorrhea . teenage girl with age early menarche , incident dysmenorrhea his more high (17)(18).

Based on results research , average age menarche sample is 12.7 years . Cakir et al stated that Primary dysmenorrhea occurs at the age of menarche 12-13 years (19). dysmenorrhea generally occurs 2-3 years after menarche , age the ideal menarche is 13-14 years (19)(20). Research results This show that age normal menarche turns out Still experience primary dysmenorrhea . Research results This different with opinion Wijayakusuma stated _ that age menarche early can increase incident primary dysmenorrhea , meanwhile results study This show that age normal menarche still Enough many have experienced dysmenorrhea primer (21).

Research results this is also different with opinion Widjanarko and Zukri et al stated that menarche at age more beginning is factor influential risk _ to incident primary dysmenorrhea (22)(23). Reproduction tool woman must function as should . However when menarche occurs at an older age beginning from normal, where tool reproduction Not yet Ready For experience change and still happen.
narrowing of the neck uterus, then will pain occurs when menstruation. Based on location painful obtained majority respondent feel pain in the stomach part lower that is as many as 31 people or of 77.5%. Abdominal pain part lower caused Because exists contraction as business in release wall uterus. Pain that is felt respondent majority characteristic sharp. this due to prostaglandins causing contraction strong myometrium. Based on characteristic painful obtained majority respondent feel painful characteristic sharp that is as many as 27 people or by 67.5%. According to Smeltzer and Bare, pain I characteristic sharp like stabbed, slashed, pinched, and patterns attack clear. Menstrual Pain Levels in Primary Dysmenorrhea After Given sticky tape snack bar blacklist on the respondent give effect reduction in perceived pain. Decline painful highest of 5 values and the lowest of 1 value. obtained the average result of the scale painful is 5.3. As many as 1 person who experienced decline painful with value 1, as many as 8 people who experienced painful with mark 2, as many as 16 people who experienced painful with value 3, as many as 8 people who experienced painful with value 4, as many as 2 people who experienced painful with value 5, and 8 respondents other No experience change painful during study carried out. it show that No happen decline painful sufficient menstruation in primary dysmenorrhea means during experience pain, maybe also at the moment day saturday and sunday every Sunday respondent No consuming a snack bar with various reason. A number of respondent experienced scale of 7 very significant decrease down 3-4 points due to mechanism painful primary dysmenorrhea that can experience decline in a manner fluctuating. Primary dysmenorrhea usually happens to teenagers with emotions that are not stable, have threshold Low pain, so very little pain can feel pain. In accordance results study it also reports that dysmenorrhea causes 14% of teenagers often No enter school. Incidence rate dysmenorrhea that occurred in adolescence in West Java as much as 59.9% with degrees severe, impactful pain to absence from school 1–3 days the bother activities and activities learn, which in the end bother to performance learn. The research results of CE show that incident dysmenorrhea as much as 97.5%.

So that provision of sticky tape snack bars black can used as alternative choice management non-pharmacological pain For lower painful menstruation in dysmenorrhea in adolescents women.

SUMMARY

Average intensity painful previous menstruation (dysmenorrhea) given a sticky tape snack bar black. Giving Snack Bar Tape Ketan Hitam influential to decline intensity painful menstruation in dysmenorrhea teenager daughter especially in pain scale 7 down up to 3 point. Result Statistical test using the Wilcoxon sign rank test shows that There is difference intensity painful before and after provision of sticky tape snack bars black in youth daughter.

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