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Effects of honey on reducing dysmenorrhea among teenagers in Malang, Indonesia

Amalia Tri Utami

Maryam and Isa Clinic, Indonesia

Background: Dysmenorrhea is a disorder of menstrual blood flow or menstrual pain which is a common problem in almost all women of reproductive age in the world, including in Indonesia and even in Bali. Data recorded in Indonesia in 2008, cases of dysmenorrhea were found to be 64.25%. When viewed in terms of age, most cases of dysmenorrhea were found in adolescents. Dysmenorrhea is a pain term used to describe complaints of painful cramps and generally appear during menstruation or menstruation. This of course can cause a number of problems, including activity limitations, decreased academic achievement, and difficulty sleeping. Currently, there is a tendency to use the treatment of the Prophet Muhammad to treat primary dysmenorrhea.

Objective: This study aims to determine the effect of honey on the level of dysmenorrhea pain and quality of life in adolescents in the city of Malang.

Methods: The study used a one group pretest-posttest design. A total of 30 subjects determined by consecutive sampling were asked to drink three tablespoons of honey starting from two days before menstruation until the third day of menstruation. Data were taken using a questionnaire with the Visual Analogue Scale (VAS).

Results: Wilcoxon test results showed honey can reduce pain intensity with Visual Analogue Scale (VAS) ($p=0.000$).

Conclusion: Honey can reduce pain levels and improve the quality of life of adolescents in the city of Malang with primary dysmenorrhea.

Biography

Amalia Tri Utami has completed the PhD in 30 years old with cumlaude. Her current preoccupation is being the mother of her three children. In addition, she is also a lecturer at a leading university in the city of Malang in the Pathology Department. Her hobbies are reading Al-Quran, doing sports and making the house keep clean.

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