

**EFEKTIVITAS PEMBERIAN KRIM OLEORESIN BIJI PALA (*Myristica fragrans*)
DAN EFFLEURAGE MASSAGE TERHADAP DISMINORE PRIMER PADA
REMAJA PUTRI**

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Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p> <hr/> <p>Keywords: Dismenore Effleurage massage Krim biji pala Remaja</p>	<p>Dismenore primer merupakan nyeri menstruasi yang terjadi tanpa keadaan patologi pada panggul. Dampak dismenore bagi remaja putri diantaranya mengganggu aktivitas sehari-hari, mengganggu konsentrasi belajar, sulit tidur, gelisah, murung, jengkel, serta tidak dapat berhubungan baik dengan orang lain, yang bisa mempengaruhi produktivitas dan kualitas hidup. Salah satu upaya mengurangi dismenore secara nonfarmakologi adalah dengan memanfaatkan tanaman pala (<i>Myristica fragrans</i>). Biji pala sering digunakan sebagai bumbu rempah pada makanan, biji pala juga dimanfaatkan sebagai obat tradisional untuk membantu mengurangi rasa sakit pada perut, analgetik maupun tambahan pada <i>ayurvedic</i>. Oleoresin merupakan campuran minyak atsiri, resin serta komponen pembentuk flavor rasa khas pada rempah. Oleoresin pala digunakan sebagai analgesik, pengobatan rematik, mual, disentri serta nyeri otot. Tujuan penelitian ini untuk mengurangi skala nyeri dismenore pada remaja putri mahasiswa D3 Kesehatan Universitas Bengkulu. Metode penelitian menggunakan <i>Quasy exsperiment design</i> dengan <i>design</i> penelitian <i>One group pretest-post test design</i>. Pengukuran tingkat nyeri dismenore menggunakan skala <i>Numeric Rating Scale</i> (NRS). Teknik pengambilan sampel <i>accidental sampling</i>. Sampel penelitian berjumlah 30 responden. Analisis data menggunakan uji <i>paired sample t-test</i>. Hasil penelitian sebelum diberi Krim oleoresin biji pala dan <i>Effleurage massage</i> rata-rata tingkat nyeri dismenore adalah 5.72 dan setelah diberi Krim oleoresin biji pala dengan <i>Effleurage massage</i> rata-rata tingkat nyeri dismenore menjadi 4.39. Hasil analisis <i>Bivariat</i> menunjukkan bahwa nilai $p\text{-value} = 0,000 < \alpha = 0,05$ sehingga dapat disimpulkan bahwa ada hubungan pemberian Krim oleoresin biji pala (<i>Myristica fragrans</i>) dengan <i>Effleurage massage</i> terhadap dismenore pada mahasiswa Program Studi D3 Kesehatan Universitas Bengkulu. Simpulan penelitian ini Krim oleoresin biji pala (<i>Myristica fragrans</i>) dengan <i>Effleurage massage</i> dapat mengurangi Dismenore.</p>
	<p>ABSTRACT</p> <p><i>Primary dysmenorrhea is menstrual pain that occurs without any pathological conditions in the pelvis. The effects of dysmenorrhea on adolescent girls include disruption of daily activities, interference with concentration at school, difficulty sleeping, restlessness, moodiness, irritability, and difficulty interacting with others, which can affect productivity and quality of life. One non-pharmacological approach to reducing dysmenorrhea is the use of nutmeg (<i>Myristica fragrans</i>). Nutmeg seeds are often used as a</i></p>

*spice in food, and they are also used as a traditional medicine to help reduce stomach pain, as an analgesic, and as an additive in Ayurvedic medicine. Oleoresin is a mixture of essential oils, resins, and flavor components that give spices their distinctive taste. Nutmeg oleoresin is used as an analgesic, treatment for rheumatism, nausea, dysentery, and muscle pain. The purpose of this study was to reduce the pain scale of dysmenorrhea in female D3 Health students at Bengkulu University. The research method used a quasi-experimental design with a one-group pretest-posttest design. The measurement of dysmenorrhea pain levels used the Numeric Rating Scale (NRS). Accidental sampling technique. The research sample consisted of 30 respondents. Data analysis used a paired sample t-test. The results of the study before applying nutmeg oleoresin cream and Effleurage massage showed an average dysmenorrhea pain level of 5.72, and after applying nutmeg oleoresin cream with Effleurage massage, the average dysmenorrhea pain level became 4.39. The bivariate analysis results showed that the p -value = $0.000 < \alpha = 0.05$, so it can be concluded that there is a relationship between the application of nutmeg seed oleoresin cream with Effleurage massage and dysmenorrhea in female students of the D3 Health Study Program at Bengkulu University. The conclusion of this study is that nutmeg seed oleoresin cream (*Myristica fragrans*) combined with Effleurage massage can reduce dysmenorrhea.*

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