

ABSTRACT

(LITERATURE REVIEW)

**EFFECTIVENESS OF VITAMIN E GIVING TO REDUCE
DYSMENORRHEA IN ADOLESCENTS**

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Dysmenorrhea or menstrual pain is a very prominent physical disorder in adolescents' girls who are experiencing menstruation in the form of pain/ cramps in the abdomen. Dysmenorrhea is associated with increased levels of prostaglandins before menstruation. This study aims to provide data and information regarding the effectiveness of vitamin E administration in reducing dysmenorrhea in adolescents, especially those related to the percentage reduction in dysmenorrhea according to the target of therapy and duration of therapy. The research method used is literature review conducted from previous studies on adolescents with dysmenorrhea. The results of Herdanela and Amirus (2015) research showed a decrease in dysmenorrhea by 1.6 which was carried out by bivariate analysis. The results of Masnilawati and Sundari's research (2018) show that there is a decrease of 82.75% of the research sample. The results of Surniarsih and Ningrum's research (2019) showed that there was a decrease in dysmenorrhea pain with a p value of 0.000 in 34 research samples. The conclusion of all studies is that giving vitamin E therapy is effective to reduce the degree of dysmenorrhea and an alternative medicine to prevent dysmenorrhea in adolescents.

Keywords : *vitamin E, dysmenorrhea*