

Avocado Juice As a Non-Pharmacological Therapy In Addressing Adolescent Health Issues At Gpib Shalom, Depok City

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ARTICLE INFO

Keywords:

Avocado Juice,
Skin Moisture,
Hemoglobin Levels,
Dysmenorrhea Pain,
Bowel Movement
Patterns,
Skin Health Issues,
Adolescent Girls,
Non-Pharmacological
Therapy,
Dysmenorrhea.

ABSTRACT

Background: Adolescents undergo rapid physical, psychological, and intellectual growth and development, which can affect their health. Various health issues such as dysmenorrhea, anemia, acne, and digestive disorders are commonly experienced by adolescents, influenced by biological, psychological, social, and environmental factors, requiring appropriate attention and management. This study aimed to determine the effectiveness of avocado juice as a non-pharmacological therapy to address health issues among adolescent girls at GPIB Shalom in Depok City.

Methods: The study used a quasi-experimental design with a one-group pre-test and post-test format. The study population consisted of 25 adolescent girls experiencing dysmenorrhea at GPIB Shalom in Depok City, selected using purposive sampling.

Results: The univariate test results showed a decrease in the average dysmenorrhea pain from 4.28 to 2.56, an increase in hemoglobin levels from 9.816 g/dL to 10.700 g/dL, a reduction in skin health issues from 6.44 to 4.320, an improvement in skin moisture from 34.090 to 38.160, and a better bowel movement pattern from 2.320 to 3.64. The bivariate test results showed significant differences for all variables, with a p-value of 0.000 for dysmenorrhea pain ($Z = -4.532$), hemoglobin levels ($t = -6.449$), skin health issues ($Z = -3.758$), skin moisture ($t = -8.839$), and bowel movement patterns ($Z = -4.562$). This indicates that the administration of avocado juice has a positive effect on all tested variables.

Conclusion: The conclusion of this study is that the consumption of avocado juice significantly reduces dysmenorrhea, increases hemoglobin levels, improves bowel movement patterns, maintains skin moisture, and reduces skin health issues in adolescent girls. The provision of avocado juice has the most significant impact on dysmenorrhea.

INTRODUCTION

Adolescence is a pivotal stage of human development, characterized by rapid biological, psychological, and emotional changes. As adolescents transition from childhood to adulthood, their bodies undergo significant transformations that can lead to a variety of health concerns (Alfianingsih & Purwito, 2024). Among adolescent girls, common issues include menstrual pain (dysmenorrhea), anemia, skin problems such as acne, and irregular digestive patterns. These health problems, while often seen as typical, can significantly impact adolescents' daily lives, affecting school performance, self-esteem, and overall well-being (Ulhaq & Diah Wittiarika, 2024).

According to the World Health Organization (WHO), dysmenorrhea affects around 90% of women worldwide, with 10–15% experiencing severe symptoms that disrupt their daily routines. In Indonesia, national data indicate that more than 60% of adolescent girls suffer from menstrual pain, while the prevalence of anemia among this group reaches 32%. Skin problems, particularly acne, are reported in up to 85% of Indonesian adolescents, aligning with global statistics that rank acne among the top ten most prevalent conditions worldwide (Stadler, 2019). These figures reflect a pressing need for effective and accessible interventions tailored to adolescents' specific needs (Ministry of Health Timor Leste, 2018).

While conventional treatments for adolescent health issues often rely on pharmacological approaches, there is a growing interest in exploring non-pharmacological, natural alternatives (Dewi et al., 2023). Several studies have shown the potential of nutritional therapy in supporting adolescent health, but community-based applications remain limited. Among the various natural remedies, avocado juice emerges as a promising option due to its high content of vitamins, minerals, antioxidants, and healthy fats (Reyza & Sulistiawati, 2021). These nutrients have been associated with improved hormonal regulation, enhanced skin health, better digestive function, and increased hemoglobin levels factors that are directly relevant to the common issues faced by adolescent girls.

Despite its potential, the use of avocado juice as a therapeutic intervention remains underexplored, especially in localized health contexts. There is a lack of empirical evidence on its effectiveness when applied in community settings such as schools or religious institutions, where adolescents often gather and where structured health programs could be implemented. This research seeks to address that gap by focusing on a unique population: adolescent girls from GPIB Shalom in Depok, Indonesia. By doing so, the study aims to contribute both practically and academically to the field of adolescent health by offering data that is both context-specific and potentially scalable.

The primary objective of this study is to investigate the effectiveness of avocado juice as a non-pharmacological intervention in addressing multiple health problems namely dysmenorrhea, low hemoglobin levels, acne, skin hydration issues, and irregular bowel movements among adolescent girls at GPIB Shalom Depok in 2024.

METHODS

This study employed a quasi-experimental design, specifically a one-group pretest-posttest model. This design was selected as it enables the researcher to observe changes within a single group of participants without the use of a control group. Measurements were taken before and after the intervention namely the administration of avocado juice to assess significant differences in the variables studied: facial skin moisture, hemoglobin levels (Hb), dysmenorrhea pain, bowel movement patterns, and acne symptoms in adolescent girls. This approach facilitates evaluation of short-term effects of the intervention. Initially, a pretest was conducted to assess baseline conditions, followed by the intervention over a menstrual cycle. A posttest then evaluated changes after avocado juice consumption.

The population included all female adolescents aged 13–17 years experiencing primary dysmenorrhea in GPIB Shalom Depok during November–December, totaling 60 individuals. A sample of 25 was selected through random sampling based on inclusion and exclusion criteria. Inclusion criteria were adolescents experiencing primary dysmenorrhea, acne, digestive disorders (constipation), dry skin, anemia, no known avocado allergy, and no concurrent pharmacological treatment for dysmenorrhea. Exclusion criteria ruled out participants not meeting these conditions or with chronic illnesses affecting menstruation or hemoglobin levels.

The independent variable was the consumption of avocado juice, while dependent variables included dysmenorrhea pain (measured by Visual Analog Scale or VAS), hemoglobin level (using a hemoglobinometer), acne (through questionnaire-based scoring), facial skin moisture (via skin analyzer), and bowel movement patterns (observational checklist). Avocado juice was prepared using

ripe avocado (150g), water (100ml), honey, and ice cubes (20g), blended and served in 250ml portions three times weekly throughout the menstrual cycle (21–35 days).

Data collection tools included VAS for pain assessment, demographic questionnaires, informed consent forms, hemoglobinometer, skin analyzer, and standard kitchen tools for juice preparation (blender, measuring cups, stirrers). Pre-test measurements occurred on the first day of menstruation, followed by the juice intervention. Post-test data were collected during the next menstruation to assess changes in all variables.

Data analysis involved univariate analysis to describe the distribution and characteristics of each variable, including mean and standard deviation. Normality of data distribution was tested using the Kolmogorov-Smirnov test. If the data were normally distributed ($p > 0.05$), paired t-tests were used to compare pre- and post-intervention results. If not ($p < 0.05$), the Wilcoxon signed-rank test was applied. Statistical significance was set at $p < 0.05$ to determine whether avocado juice significantly affected any of the measured outcomes.

RESULTS

Table 1. Descriptive Statistics of Health Variables Pre- and Post-Avocado Juice Intervention

Variable	Time Point	Mean	95% Confidence Interval	Standard Deviation (SD)	Minimum	Maximum
Dysmenorrhea Pain	Pre	4.28	2.24 – 2.87	0.76	1.00	4.00
	Post	2.56	4.00 – 4.56	0.678	3.00	5.00
Hemoglobin (HB) Level	Pre	9.816	9.350 – 10.281	1.127	7.90	13.10
	Post	10.700	10.12 – 11.27	1.39	8.20	14.00
Skin Health Disorders	Pre	6.44	5.74 – 7.13	1.68	3.00	8.00
	Post	4.32	3.764 – 4.875	1.345	3.00	7.00
Skin Moisture	Pre	34.090	33.09 – 35.06	2.37	30	38
	Post	38.160	36.64 – 39.67	3.67	32	45
Bowel Movement Pattern (BM)	Pre	2.32	2.03 – 2.35	0.69	1.00	3.00
	Post	3.64	3.43 – 3.82	0.48	3.00	4.00

Before the intervention, the average dysmenorrhea pain score was 4.28 (SD = 0.76), with a 95% confidence interval ranging from 2.24 to 2.87. The scores ranged from a minimum of 1.00 to a maximum of 4.00. After the intervention, the mean pain score decreased to 2.56 (SD = 0.678), with a 95% confidence interval between 4.00 and 4.56, and scores ranging from 3.00 to 5.00. This reduction suggests that the consumption of avocado juice may have contributed to alleviating menstrual pain among the participants.

The mean hemoglobin level prior to the intervention was 9.816 g/dL (SD = 1.127), with a 95% confidence interval of 9.350 to 10.281, and values ranging from 7.90 to 13.10 g/dL. Post-intervention, the average hemoglobin level increased to 10.700 g/dL (SD = 1.39), with a 95% confidence interval between 10.12 and 11.27, and a range of 8.20 to 14.00 g/dL. This improvement indicates a positive effect of avocado juice consumption on hemoglobin levels, potentially addressing issues related to anemia.

Participants reported an average score of 6.44 (SD = 1.68) for skin health disorders before the intervention, with a 95% confidence interval from 5.74 to 7.13, and scores ranging between 3.00 and 8.00. After consuming avocado juice, the mean score decreased to 4.32 (SD = 1.345), with a 95% confidence interval of 3.764 to 4.875, and a range of 3.00 to 7.00. This decline suggests an improvement in skin health, possibly due to the nutritional benefits of avocado juice.

The average skin moisture level before the intervention was 34.090 (SD = 2.37), with a 95% confidence interval between 33.09 and 35.06, and values ranging from 30 to 38. Post-intervention, the mean increased to 38.160 (SD = 3.67), with a 95% confidence interval of 36.64 to 39.67, and a range of 32 to 45. This enhancement indicates that avocado juice consumption may have contributed to better skin hydration among the participants.

Initially, the average bowel movement pattern score was 2.32 (SD = 0.69), with a 95% confidence interval from 2.03 to 2.35, and scores ranging between 1.00 and 3.00. Following the intervention, the mean score increased to 3.64 (SD = 0.48), with a 95% confidence interval of 3.43 to 3.82, and a range of 3.00 to 4.00. This improvement suggests that avocado juice intake may have positively influenced digestive health and regularity in bowel movements.

Table 2. Bivariate Analysis of Variables Before and After Avocado Juice Intervention Among Female Adolescents

Variable	Test	Statistic	p-value
Dysmenorrhea	Wilcoxon	Z = -4.532	0.000
Hemoglobin	Paired t-test	t = -6.449, MD = -0.884	0.000
Skin Health Issues	Wilcoxon	Z = -3.758	0.000
Skin Moisture	Paired t-test	t = -8.83, MD = -3.69	0.000
Bowel Movement Pattern	Wilcoxon	Z = -4.562	0.000

The Wilcoxon signed-rank test was applied to analyze changes in dysmenorrhea intensity before and after the intervention with avocado juice, as the variable was not normally distributed. The analysis showed a Z-value of -4.532 and a p-value of 0.000. This indicates a statistically significant reduction in dysmenorrhea symptoms following the intervention. The fact that all participants showed a decrease in pain scores (as indicated by 25 negative ranks and 0 positive ranks) further strengthens the evidence that avocado juice has a considerable analgesic effect in alleviating menstrual pain among female adolescents. This result supports the hypothesis that the nutritional components of avocado—such as magnesium, potassium, and healthy fats—may contribute to muscle relaxation and the reduction of inflammation, leading to a noticeable decline in dysmenorrhea intensity.

A paired sample t-test was conducted to compare hemoglobin levels before and after the intervention, as this variable was normally distributed. The results indicated a mean difference (MD) of -0.884, a t-value of -6.449, and a p-value of 0.000. These findings suggest a statistically significant increase in hemoglobin concentration after the avocado juice intervention. This improvement could be attributed to the iron content in avocados, which, when consumed consistently, may contribute to enhanced erythropoiesis (red blood cell production). The presence of folate and vitamin C in avocados might also play a role in improving iron absorption, which is crucial for hemoglobin synthesis. Consequently, regular intake of avocado juice may help prevent or manage anemia among adolescent females.

For the variable of skin health issues (e.g., acne), the Wilcoxon signed-rank test was used due to the non-normal distribution of data. The analysis yielded a Z-value of -3.758 with a p-value of 0.000. The results indicate a significant reduction in skin health problems after the avocado juice intervention. The shift from a higher number of pre-intervention complaints to improved post-intervention skin condition reflects the potential dermatological benefits of avocado. The fruit's high antioxidant content, including vitamin E and carotenoids, may help reduce inflammation and oxidative stress in the skin, while its healthy fats might support skin barrier function and overall dermal hydration. This suggests that avocado juice can be considered a functional food in promoting clearer and healthier skin among teenagers, who are particularly prone to acne due to hormonal fluctuations.

Since the variable of skin moisture followed a normal distribution, a paired t-test was employed to evaluate pre- and post-intervention differences. The results revealed a statistically significant increase in skin moisture, with a mean difference of -3.69, a t-value of -8.83, and a p-value of 0.000. This finding indicates a substantial improvement in skin hydration after the regular consumption of avocado juice. Avocados are rich in monounsaturated fats and vitamins such as vitamin E, both of which are known to enhance skin hydration and elasticity. The significant increase in moisture content of the facial skin after the intervention points to avocado juice's role in supporting skin health, potentially preventing dryness and contributing to a more vibrant complexion in adolescents.

The Wilcoxon signed-rank test was applied to this variable, given its non-normal distribution. The analysis showed a Z-value of -4.562 with a p-value of 0.000, indicating a statistically significant improvement in bowel movement regularity after consuming avocado juice. All participants demonstrated positive ranks, suggesting improved patterns of defecation, including increased frequency or smoother bowel movements. This effect can be attributed to the high dietary fiber content in avocados, particularly soluble fiber, which supports gastrointestinal health by promoting stool bulk and facilitating bowel transit. Improved bowel movement is particularly important during adolescence, a period often marked by dietary irregularities. Thus, the results suggest that avocado juice may act as a natural dietary intervention to enhance digestive health in this population.

DISCUSSION

The Effect of Avocado Juice on Dysmenorrhea Pain

This study found a significant reduction in dysmenorrhea pain among adolescents who consumed avocado juice. This aligns with the objective of the study to identify natural interventions that alleviate menstrual discomfort. The scientific explanation is based on the nutritional content of avocado unsaturated fatty acids, potassium, and magnesium which are known to reduce inflammation and muscle cramps. These findings are consistent with prior studies (Dewi, 2021; Agustina & Saputro, 2022; Rahmawati et al., 2020), supporting the theory that nutrient-dense foods can influence inflammatory responses and smooth muscle function.

Compared with other findings, this result reinforces the role of diet in managing menstrual pain. Fitriani et al. (2021) and Setiawan & Prasetyo (2023) reported similar outcomes, while Kurniawati et al. (2023) noted that further studies are needed. Thus, avocado juice presents a promising non-pharmacological option, though broader and longer-term studies are warranted.

The Effect of Avocado Juice on Hemoglobin Levels in Adolescents with Dysmenorrhea

Increased hemoglobin (Hb) levels were observed in participants consuming avocado juice. This supports the research objective regarding avocado's potential to address nutritional deficiencies in adolescents with dysmenorrhea. The result can be interpreted scientifically: iron, folate, and B vitamins in avocados promote red blood cell production, contributing to better Hb levels. This aligns with the theoretical framework relating nutrient intake to anemia management (Indriyani, 2021; Supriadi et al., 2021).

Corroborating evidence from Nugroho et al. (2022) and Setiawan et al. (2022) validates these findings, although Sari et al. (2023) suggests the topic still requires targeted research. Overall, avocado juice may be beneficial in preventing anemia-related complications during menstruation, but larger sample sizes and extended interventions are needed for definitive conclusions.

The Effect of Avocado Juice on Skin Problems in Adolescents with Dysmenorrhea

Skin conditions, particularly acne, were found to improve among participants who consumed avocado juice. This supports the hypothesis that hormonal changes during menstruation affecting sebum production can be modulated through nutritional interventions. The anti-inflammatory and antioxidant properties of unsaturated fats and vitamin E in avocado support skin repair and reduce acne severity (Marlina et al., 2020; Hadi et al., 2021).

This finding aligns with Fitriani et al. (2022) and Wahyu et al. (2021), though Sari et al. (2020) highlighted variable responses depending on individual skin type. Therefore, while avocado juice shows potential as a natural remedy for hormonal acne, further studies should assess skin types and environmental influences.

The Effect of Avocado Juice on Skin Moisture in Adolescents with Dysmenorrhea

Improved skin moisture was reported in participants consuming avocado juice. This directly addresses the research goal of exploring avocado's comprehensive benefits during menstruation. Theoretical justification lies in the presence of oleic acid and vitamin E, which support skin barrier function and hydration (Putra et al., 2020; Mulyani, 2022).

These findings are consistent with Rizki et al. (2022) and complement existing knowledge, though most research focuses on systemic rather than dermatological benefits. Anisa et al. (2023) calls for integrated studies that investigate both dermatologic and gynecological impacts, suggesting future research directions.

The Effect of Avocado Juice on Bowel Movement Patterns in Adolescents with Dysmenorrhea

This study showed an improvement in bowel regularity among participants. This addresses the discomfort often experienced during menstruation and supports the objective of identifying additional health benefits of avocado juice. The high fiber content in avocados promotes digestive health, reducing constipation a common issue during menstruation (Yulianti et al., 2020).

Lestari et al. (2021) and Pratiwi et al. (2022) offer supporting evidence, while Suryani et al. (2021) found less consistent results. These discrepancies underline the need for more rigorous studies to explore digestive responses to avocado consumption during menstruation.

CONCLUSION

This study concludes that avocado juice significantly improves several health parameters in adolescent girls. It effectively reduces menstrual pain, increases hemoglobin levels, improves skin health and moisture, and enhances bowel movement patterns. Among all variables, the most substantial impact was seen on dysmenorrhea, suggesting avocado juice's strong anti-inflammatory properties. These outcomes are supported by the fruit's rich content of antioxidants, vitamins, and fiber. Scientifically, this highlights avocado juice as a promising natural remedy for menstrual-related issues and overall well-being. It is recommended for use in adolescent health programs, and future research should explore its long-term effects and potential for broader application.

ACKNOWLEDGMENTS

Briefly acknowledge research funders, and any research participants in this section.

CONFLICTS OF INTEREST

The authors declare that there are no conflicts of interest regarding the publication of this paper.

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