

Universitas Ngudi Waluyo Ungaran
Program Studi Kebidanan, Fakultas Kesehatan
Skripsi, Februari 2022
Yosi Febri Kurnia D.P.R
152201098

**AROMATERAPI LAVENDER UNTUK MENGURANGI MUAL DAN MUNTAH
PADA IBU HAMIL DI MASA KEHAMILAN DI BPM FAUZIAH HATTA
PALEMBANG TAHUN 2022**

ABSTRAK

Latar Belakang : Ketidak nyamanan mual muntah ini umumnya dialami oleh 50% wanita hamil. Salah satu penatalaksanaan untuk mengurangi terapi non-farmakologi adalah pemberian aromaterapi lavender. Tujuan penelitian untuk mengetahui efek pemberian aromaterapi lavender untuk mengurangi mual muntah pada wanita hamil dimasa kehamilan di BPM Fauziah Hatta Palembang.

Metode : Desain penelitian ini menggunakan pra-eksperimental dengan pendekatan *one group pre test-post test*. Populasi dalam penelitian yaitu seluruh ibu hamil sebanyak 30 responden. Teknik sampling menggunakan *purposive sampling* dengan jumlah sampel 15 responden. Metode pengumpulan data yaitu observasi berupa pertanyaan. Analisis data univariat menggunakan distribusi frekuensi dan analisis Bivariat menggunakan Uji Paired sampel t-test..

Hasil Penelitian : Analisa Univariat frekuensi awal didapatkan 93,33% untuk ibu hamil yang mengalami mual muntah dikategorikan sedang dan yang mengalami mual muntah pada kategori ringan sebanyak 6,66%. Analisa Bivariat didapatkan bahwa adanya pengaruh yang signifikan antara perbedaan sebelum dan sesudah pemberian aromaterapi lavender yaitu p-value .000 dengan alpha 0,05 maka p-value (.000) < α 0,05.

Kesimpulan : Ibu hamil sebelum diberikan aromaterapi lavender termasuk dalam kategori sedang sebanyak 14 responden (93,33%) dan kategori ringan sebanyak 1 responden (6,66%). Dan mengalami penurunan di sesudah diberikan aromaterapi lavender menjadi 11 responden (73,33%) dan yang termasuk dalam kategori sedang sebanyak 4 responden (26,66%). Penelitian ini menunjukkan bahwa adanya pengaruh pemberian aromaterapi lavender untuk menurunkan muntah mual pada ibu hamil dimasa kehamilan.

Kata kunci : aromaterapi lavender; mualmuntah; kehamilan

Ngudi Waluyo University Ungaran
Midwifery Study Program, Faculty of Health
Thesis, February 2022
Yosi Febri Kurnia D.P.R
152201098

**LAVENDER AROMATHERAPY TO REDUCE Nausea and Vomiting IN
PREGNANT WOMEN IN PREGNANCY AT BPM FAUZIAH HATTA
PALEMBANG IN 2022**

ABSTRACT

Background : The discomfort of nausea and vomiting is generally experienced by 50% of pregnant women. One of the treatments to reduce non-pharmacological therapy is lavender aromatherapy. The purpose of this study was to determine the effect of giving lavender aromatherapy to reduce nausea and vomiting in pregnant women during pregnancy at BPM Fauziah Hatta Palembang.

Methods: The design of this study was pre-experimental with a one group pre-test-post-test approach. The population in the study were all pregnant women as many as 30 respondents. Thenik sampling used purposive sampling with a sample of 15 respondents. The method of data collection is observation in the form of questions. Univariate data analysis using frequency distribution and Bivariate analysis using Paired sample t-test.

Results: Univariate analysis of the initial frequency was found to be 93.33% for pregnant women who experienced moderate nausea and vomiting and 6.66% experienced nausea and vomiting in the mild category. Bivariate analysis found that there was a significant effect between the difference before and after giving lavender aromatherapy, namely p-value .000 with alpha 0.05, then p-value (.000) $< \alpha$ 0.05.

Conclusion: Pregnant women before being given lavender aromatherapy were included in the moderate category as many as 14 respondents (93.33%) and the light category as many as 1 respondent (6.66%). And it decreased after being given lavender aromatherapy to 11 respondents (73.33%) and those included in the moderate category were 4 respondents (26.66%). This study shows that there is an effect of giving lavender aromatherapy to reduce nausea and vomiting in pregnant women during pregnancy.

Keywords: lavender aromatherapy; nauseous vomit; pregnancy

