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**EFEKTIFITAS AROMATERAPI LEMON MENGURANGI MUAL
MUNTAH PADA IBU HAMIL TRIMESTER I DI KLINIK PRATAMA
BIDDOKKES POLDA KALTARA TAHUN 2025**

ABSTRAK

Tingginya kejadian mual dan muntah pada ibu hamil trimester 1 di Indonesia lebih dari 80%. Salah satu aromaterapi yang dapat mengurangi mual muntah aromaterapi lemon. Tujuan dari penelitian ini mengetahui efektifitas aromaterapi lemon untuk mengurangi mual muntah pada ibu hamil trimester I di Klinik Pratama Biddokkes Polda Kaltara tahun 2024. Metode yang digunakan adalah *Quasi Eksperimental Design* berbentuk rancangan *pretest-posttest without control group design*. Melibatkan 32 ibu hamil trimester I pemberian kuesioner PUQE diberikan sebelum dan sesudah perlakuan, pemberian aromaterapi lemon sebanyak 3 tetes pada kapas selama 3 hari sehari sekali selama 5 menit dengan jarak 2 cm dari hidung. Analisa data yang digunakan adalah uji *wicolxon*. Seluruh ibu hamil sebelum diberikan aromaterapi lemon mengeluh mual muntah dalam kategori sedang yaitu sebanyak 32 orang (100%). Sebagian besar ibu hamil setelah diberikan aromaterapi lemon merasakan mual muntah dalam kategori ringan yaitu sebanyak 26 orang (81,3%). Aromaterapi lemon efektif dalam mengurangi mual muntah pada ibu hamil trimester I di Klinik Pratama Biddokkes Polda Kaltara tahun 2025 dengan p value 0,00 (<0,05). Diharapkan petugas kesehatan khususnya bidan di Klinik Pratama Biddokkes Polda Kaltara untuk memberikan aromaterapi lemon kepada ibu hamil yang mengalami keluhan mual muntah

Kata Kunci: Aromaterapi lemon, mual muntah, hamil, trimester I

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**THE EFFECTIVENESS OF LEMON AROMATHERAPY IN REDUCING
NAUSEA, VOMITING IN 1ST TRIMESTER PREGNANT WOMEN AT
THE PRATAMA CLINIC BIDDOKKES POLDA KALTARA, 2025**

ABSTRACT

The high incidence of nausea and vomiting in pregnant women in the first trimester in Indonesia, more than 80% of pregnant women experience nausea and vomiting. At the North Kalimantan Regional Police Pratama Biddokkes Clinic during 2023 there were 527 first trimester pregnant women who had their pregnancies checked, of which 389 people (74%) experienced complaints of nausea and vomiting. The effects of nausea and vomiting include fatigue in pregnant women, nutritional disorders, dehydration and weight loss. If this condition gets worse and cannot be treated, this condition is called hyperemesis gravidarum. If it is not treated immediately, it will endanger the mother and fetus. Efforts have been made to provide nutritional IEC to eat little but often, but complaints of vomiting are still present. One aromatherapy that can reduce nausea and vomiting is lemon aromatherapy. The aim of this research is to determine the effectiveness of lemon aromatherapy to reduce nausea and vomiting in first trimester pregnant women at the Pratama Biddokkes Polda Kaltara Clinic in 2024. The method used is Quasi Experimental Design in the form of a pretest-posttest design without control group design. Involving 32 pregnant women in the first trimester, the PUQE questionnaire was given before and after treatment, giving 3 drops of lemon aromatherapy on cotton wool for 3 days once a day for 5 minutes at a distance of 2 cm from the nose. The data analysis used was the Wicolxon test. Lemon aromatherapy is effective in reducing nausea and vomiting in first trimester pregnant women at the Pratama Biddokkes Polda Kaltara Clinic in 2025 with a p value of 0.00 (<0.05).

Keywords: Lemon aromatherapy, nausea, vomiting, pregnancy, first trimester