

PENGARUH PEMBERIAN AROMATERAPI LAVENDER TERHADAP PENURUNAN *EMESIS GRAVIDARUM* PADA IBU HAMIL TRIMESTER I DI PUSKESMAS SENTOLO II KULON PROGO TAHUN 2023

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INTISARI

Latar belakang: Gejala mual muntah yang terjadi pada awal kehamilan dikenal dengan emesis gravidarum. Upaya mengurangi mual muntah ini dapat dilakukan dengan menggunakan pengobatan non farmakologi berupa aromaterapi lavender untuk mengurangi emesis gravidarum pada ibu hamil trimester I.

Tujuan penelitian: Mengetahui pengaruh pemberian aromaterapi lavender terhadap penurunan *emesis gravidarum* pada ibu hamil trimester pertama di Puskesmas Sentolo II Kulon Progo tahun 2023

Metode : Penelitian ini merupakan penelitian kuantitatif *pre-eksperiment* dengan desain *one group pretest-posttest*. Penelitian ini dilakukan pada bulan maret-juni 2023 dengan jumlah responden 16 ibu hamil trimester I. Teknik sampling yang digunakan adalah *non probability sampling* yaitu dengan teknik *insidental sampling*. Variabel *emesis gravidarum* diukur menggunakan *Pregnancy Uniq Quantification Of Emesis and Nausea* (PUQE-24). Alat pengumpulan data menggunakan kuisioner dan lembar observasi. Data kemudian dianalisis menggunakan wilcoxon untuk mengetahui pengaruh antara dua variabel.

Hasil penelitian: Hasil uji statistik menunjukkan ada perbedaan signifikan sebelum diberikan aromaterapi lavender dengan nilai *p-value* 0,000. Rata-rata skor emesis gravidarum sebelum diberikan 10.25 dan sesudah diberikan intervensi aromaterapi lavender menjadi 7.75 yang berarti mengalami penurunan rata-rata sebesar 2.25.

Kesimpulan: Terdapat pengaruh pemberian aromaterapi lavender terhadap penurunan emesis gravidarum pada ibu hamil trimester I dipuskesmas sentolo II kulon progo.

Kata kunci: *Ibu Hamil, Trimester I, Aromaterapi Lavender, Emesis Gravidarum*

**THE EFFECT OF LAVENDER AROMATHERAPY ON REDUCING
EMESIS GRAVIDARUM IN FIRST TRIMESTER PREGNANT WOMEN AT
SENTOLO II KULON PROGO HEALTH CENTER IN 2023**

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ABSTRACT

Background: The symptoms of nausea and vomiting that occur in early pregnancy are known as emesis gravidarum. Efforts to reduce nausea vomiting can be done by using non-pharmacological treatment in the form of lavender aromatherapy to reduce emesis gravidarum in first trimester pregnant women.

The purpose of the study: Knowing the effect of lavender aromatherapy on reducing emesis gravidarum in first trimester pregnant women at Sentolo II Health Center Kulon Progo in 2023

Method: This study is a pre-experimental quantitative research with a one group pretest-posttest design. This study was conducted in march-june 2023 with 16 respondents in the first trimester of pregnant women. The sampling technique used is non-probability sampling, namely incidental sampling techniques. The variable emesis gravidarum was measured using the Pregnancy Uniq Quantification Of Emesis And Nausea (PUQE-24). Data collection tools use questionnaires and observation sheets. The data were then analyzed using Wilcoxon to determine the influence between the two variables.

Research results: Statistical test results showed there was a significant difference before lavender aromatherapy was given with a p-value of 0.000. The average score of emesis gravidarum before being given 10.25 and after lavender aromatherapy intervention became 7.75 which means an average decrease of 2.25.

Conclusion: There is an effect of lavender aromatherapy on reducing emesis gravidarum in pregnant women in the first trimester of sentolo II kulon progo health center.

Keywords: First Trimester, Pregnant Women, Lavender Aromatherapy, Emesis Gravidarum