

**PENGARUH AROMATERAPI BITTER ORANGE  
TERHADAP NYERI POSTPARTUM SECTIO CAESAREA DI RSUD  
PANEMBAHAN SENOPATI BANTUL**

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**INTISARI**

**Latar Belakang :** Nyeri postpartum *sectio caesarea* biasanya akan meningkat pada hari pertama post operasi dan akan semakin nyeri apabila pengaruh dari analgesic menghilang. Aromaterapi *bitter orange* merupakan salah satu jenis aroamterapi yang dapat digunakan untuk mengatasi nyeri.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui pengaruh aromaterapi *bitter orange* terhadap nyeri postpartum *sectio caesarea*.

**Metode Penelitian :** Metode penelitian merupakan kuantitatif yang menggunakan desain *quasi experiment* dengan pendekatan *pre-test* dan *post-test without control group* dengan intervensi aromaterapi *bitter orange* yang dilakukan dari bulan Juni-Juli 2021. Teknik pengambilan sampel secara *purposive sampling* dengan jumlah 25 ibu postpartum *sectio caesarea* di Ruang Alamanda 3 RSUD Panembahan Senopati Bantul. Alat ukur nyeri yang digunakan adalah NRS (*Numeric Rating Scale*). Analisis data menggunakan metode uji *paired t-test*.

**Hasil :** Hasil penelitian ini didapatkan perbedaan rerata tingkat nyeri ibu postpartum *sectio caesarea* sebelum dan sesudah pemberian aromaterapi *bitter orange* dengan nilai mean 0,680, standar deviasi 0,476 dan nilai *p-value* sebesar 0,000 (*p-value*<0,05)

**Kesimpulan :** Ada pengaruh sebelum dan sesudah pemberian aromaterapi *bitter orange* terhadap nyeri postpartum *sectio caesarea* di Ruang Alamanda 3 RSUD Panembahan Senopati Bantul.

**Kata Kunci :** Nyeri postpartum, *Sectio Caesarea*, Aromaterapi *bitter orange*

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# THE EFFECT OF AROMATHERAPY BITTER ORANGE AGAINST PAIN POSTPARTUMSECTIO CAESAREA AT HOSPITAL PANEMBAHAN SENOPATI BANTUL

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## ABSTRACT

**Background** : Postpartum pain sectio caesarea It usually increases on the first postoperative day and becomes more painful when the analgesic effect wears off. Aromatherapy bitter orange Aromatherapy is one type of aromatherapy that can be used to treat pain.

**Objective** : This study aims to determine the effect of aromatherapy bitter orange to postpartum pain caesarean section.

**Methods** : The research method is a quantitative one that uses a quasi-experimental design with a pre-test and post-test approach without a control group with a bitter orange aromatherapy intervention conducted from June-July 2021. The sampling technique is purposive sampling with a total of 25 postpartum mothers sectio caesarea in Alamanda 3 RSUD Panembahan Senopati Bantul. Pain measuring instruments used are NRS (Numeric Rating Scale) and bitter orange aromatherapy. Data analysis used the paired t-test method.

**Results** : The results of this study showed that there were differences in the average level of postpartum maternal pain Caesarean section before and after giving aromatherapy bitter orange with a mean value of 0.680, a standard deviation of 0.476 and a value of p-value of 0.000 (p-value > 0,05)

**Conclusion** : There is an effect before and after giving aromatherapy bitter orange to postpartum pain sectio caesarea in Room Alamanda 3 Panembahan Senopati Hospital, Bantul.

**Keywords** : postpartum pain, Sectio Caesarea, Aroma therapy bitter orange

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