

**PENGARUH AROMATHERAPY PEPPERMINT TERHADAP
MORNING SICKNESS PADA IBU HAMIL DI PMB APPI
AMMELIA KASIHAN BANTUL TAHUN 2022**

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INTISARI

Latar belakang : *Morning sickness* terjadi pada awal kehamilan yang menjadi penyebab ibu merasakan ketidaknyamanan, dan dapat membuat ibu mengalami dehidrasi atau kekurangan gizi karena tidak ada makanan yang bisa ia makan. Apabila tidak ditangani, dapat mengakibatkan perubahan keseimbangan elektrolit ibu sedangkan janin dapat mengalami gangguan perkembangan karena tidak mendapatkan nutrisi yang cukup dari ibu. Terapi nonfarmakologis yang digunakan adalah Aromatherapy peppermint yang memiliki pengaruh obat yang unik, seperti antibakteri, antivirus, diuretik, vasodilator, sedatif dan perangsang adrenal.

Tujuan : Mengetahui Pengaruh Aromatherapy Peppermint Terhadap Morning Sickness Pada Ibu Hamil.

Metode : Kuantitatif, desain Quasy Eksperimen jenis pretest and posttest group design. Populasi semua wanita hamil TM I yang melakukan ANC di PMB Appi Ammelia Kasihan Bantul jumlah 141 Orang. Sampel yang digunakan 32 responden. diberikan essential oil peppermint dan diffuser, intervensi 7 hari. Instrumen kuesioner INVR. Analisis bivariat Uji T.

Hasil : Hasil penelitian diberikan perlakuan Aromaterapi *Peppermint*, intensitas morning sickness sebelum diberikan perlakuan adalah 5.13. Setelah diberikan perlakuan intensitas morning sickness adalah 1.31 terdapat selisih dari hasil pretest dan posttest yaitu 3.82 maka mendapatkan nilai P value : 0,000.

Kesimpulan : Terdapat pengaruh aromaterapi peppermint terhadap morning sickness pada ibu hamil.

Kata Kunci : *Aromaterapi, Morning Sickness, Peppermint*

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**THE EFFECT OF PEPPERMINT AROMATHERAPY ON MORNING
SICKNESS IN PREGNANT WOMEN AT PMB APPI AMMELIA
KASIHAN BANTUL IN 2022**

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ABSTRACT

Background : Morning sickness occurs in early pregnancy which causes the mother to feel uncomfortable, and can make the mother experience dehydration or malnutrition because there is no food for her to eat. If left untreated, it can result in changes in the mother's electrolyte balance while the fetus can experience developmental disorders because it does not get enough nutrition from the mother. The nonpharmacological therapy used is Peppermint Aromatherapy which has unique medicinal effects, such as antibacterial, antiviral, diuretic, vasodilator, sedative and adrenal stimulant.

Objective : Knowing the Effect of Peppermint Aromatherapy on Morning Sickness in Pregnant Women.

Methods : Quantitative, quasy experimental design with pretest and posttest group design. The population of all TM I pregnant women who performed ANC at PMB Appi Ammelia Kasihan Bantul totaled 141 people. The sample used was 32 respondents. given peppermint essential oil and diffuser, 7 days of intervention. INVR questionnaire instrument. Bivariate analysis T test.

Results : The results of the study were given the Peppermint Aromatherapy treatment, the intensity of morning sickness before being given treatment was 5.13. After being given the treatment, the intensity of morning sickness is 1.31, there is a difference from the results of the pretest and posttest, which is 3.82, so you get a P value: 0.000.

Conclusion : There is an effect of peppermint aromatherapy on morning sickness in pregnant women.

Keywords : *Aromatherapy, Morning Sickness, Peppermint*

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