

# **PENGARUH PEMBERIAN AROMATERAPI SEREH TERHADAP PENURUNAN NYERI DISMENOIRE PADA REMAJA PUTRI DI SMK N 2 GODEAN**

Aldila Ayu Permatasari<sup>1</sup>, Dwi Yati<sup>2</sup>  
Email : [aldilaayu29@gmail.com](mailto:aldilaayu29@gmail.com)

## **INTISARI**

**Latar Belakang:** Berdasarkan survei Demografi Kesehatan Indonesia, sebanyak 76% remaja putri di Indonesia mengalami nyeri dismenore, yang dapat mengganggu aktivitas sehari-hari. Salah satu metode non-farmakologi yang umum digunakan untuk mengatasi nyeri ini adalah aromaterapi.

**Tujuan:** Untuk mengetahui pengaruh pemberian aromaterapi sereh terhadap penurunan nyeri dismenore pada remaja putri di SMK N 2 Godean.

**Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain Quasi Eksperimental. Pengambilan sampel menggunakan Teknik *Purposive Sampling* sebanyak 40 responden, tempat penelitian di SMK N 2 Godean waktu penelitian pada bulan Juli 2024. Alat ukur yang digunakan *Numeric Rating Scale*. Analisis data menggunakan uji *Wilcoxon signed rank test*.

**Hasil:** Sebelum pemberian aromaterapi sereh, tingkat nyeri *dismenore* tertinggi skala 4 dan 6 sebanyak masing-masing 15 orang (37,5%). Setelah pemberian aromaterapi sereh, tertinggi skala 2 sebanyak 22 responden (55%). Hasil uji *Wilcoxon* menunjukkan nilai  $p < 0,001$  ( $p < 0,05$ ), artinya terdapat perbedaan tingkat nyeri *dismenore* antara sebelum dan sesudah pemberian aromaterapi sereh.

**Kesimpulan:** Adanya pengaruh pemberian aromaterapi sereh dalam menurunkan nyeri *dismenore* pada remaja putri di SMK N 2 Godean. Oleh karena itu, remaja disarankan untuk menerapkan aromaterapi secara mandiri di rumah untuk mengurangi nyeri *dismenore*.

**Kata Kunci :** Aromaterapi Sereh, Nyeri Dismenore, Remaja Putri

---

<sup>1</sup> Mahasiswa Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Universitas Jenderal Achmad Yani Yogyakarta

# THE EFFECT OF ADMINISTERING LEMONGRASS AROMATHERAPY ON REDUCING DYSMENORRHEA PAIN IN ADOLESCENT WOMEN AT SMK N 2 GODEAN

Aldila Ayu Permatasari<sup>1</sup>, Dwi Yati<sup>2</sup>  
Email : [aldilaayu29@gmail.com](mailto:aldilaayu29@gmail.com)

## ABSTRAC

**Background:** Based on the Indonesian Health Demographic survey, as many as 76% of young women in Indonesia experience dysmenorrhea pain, which can interfere with daily activities. One non-pharmacological method commonly used to treat this pain is aromatherapy.

**Purpose:** To determine the effect of providing lemongrass aromatherapy on reducing dysmenorrhea pain in adolescent girls at SMK N 2 Godean.

**Method:** This research uses a quantitative approach with a Quasi Experimental design. The sample was taken using Purposive Sampling Technique as many as 40 respondents, the research location was at SMK N 2 Godean during the research in July 2024. The measuring tool used was the Numeric Rating Scale. Data analysis used the *Wilcoxon signed rank test*.

**Results:** Before giving lemongrass aromatherapy, the highest level of dysmenorrhea pain on a scale of 4 and 6 was 15 people each (37.5%). After giving lemongrass aromatherapy, the highest on scale 2 was 22 respondents (55%). The Wilcoxon test results showed a p value  $<0.001$  ( $p<0.05$ ), meaning that there was a difference in the level of dysmenorrhea pain between before and after giving lemongrass aromatherapy.

**Conclusion:** There is an effect of giving lemongrass aromatherapy in reducing dysmenorrhea pain in young women at SMK N 2 Godean. Therefore, teenagers are advised to apply aromatherapy independently at home to reduce dysmenorrhea pain.

**Keywords:** Lemongrass Aromatherapy, Dysmenorrhea Pain, Young Women

---

<sup>1</sup>Student at Jenderal Achmad Yani University Yogyakarta

<sup>2</sup>Lecturers at Jenderal Achmad Yani University Yogyakarta