

# **PENERAPAN INTERVENSI AROMATERAPI *PEPPERMINT* TERHADAP BERSIHAN JALAN NAFAS ANAK DENGAN BRONKOPNEUMONIA DI BANGSAL MELATI RSUD SLEMAN**

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## **INTISARI**

**Latar Belakang:** Angka prevalensi bronkopneumonia di Indonesia sebesar 34,8% (Kemenkes RI, 2021). Bronkopneumonia dapat membuat penderita mengalami sesak nafas akibat adanya sekret yang tertumpuk di jalan pernafasan. Terapi inhalasi sederhana menggunakan aromaterapi *peppermint* dapat menjadi terapi non farmakologis untuk mengatasi bersihan jalan nafas karena dapat memberikan sensasi dingin sehingga membuat pernafasan menjadi lebih lega, sekret encer dan mudah untuk dikeluarkan.

**Tujuan:** Diketuinya keefektifan aromaterapi *peppermint* terhadap bersihan jalan nafas anak dengan bronkopneumonia

**Metode:** Peneliti menggunakan *desain* studi kasus dengan melakukan pendekatan asuhan keperawatan yang mencakup lima langkah proses keperawatan meliputi pengkajian, diagnosa, perencanaan, implementasi, evaluasi.

**Hasil:** Hasil penelitian menunjukan setelah dilakukan implementasi pemberian aromaterapi *peppermint* selama 3 hari dengan 2x pemberian dalam satu hari selama 5 menit menunjukkan hasil terjadi penurunan pada frekuensi nafas, akumulasi sputum dan suara nafas tambahan ronkhi pada pasien.

**Kesimpulan:** Terdapat pengaruh pemberian aromaterapi *peppermint* terhadap bersihan jalan nafas pada anak dengan bronkopneumonia.

**Kata Kunci:** Asuhan Keperawatan, Aromaterapi *Peppermint*, Bronkopneumonia

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# APPLICATION OF PAPPERMINT AROMATHERAPY INTERVENTION ON RESPIRATORY CLEANING OF CHILDREN WITH BRONCHOPNEUMONIA IN BANGSAL MELATI RSUD SLEMAN

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## ABSTRACT

**Background:** The prevalence rate of bronchopneumonia in Indonesia is 34.8% (Kemenkes Indonesia, 2021). Bronchopneumonia can make patient experience shortness of breath due to secretions that accumulate in the respiratory tract. Simple inhalation therapy using peppermint aromatherapy can be a non-pharmacological therapy to treat airway clearance because it can provide a cooling sensation, making breathing easier, making secretions runny and easy to be out.

**Objective:** To find out the effectiveness of peppermint aromatherapy in clearing the respiratory tract of children suffering from bronchopneumonia

**Method:** The type of research used a case study design by taking a nursing care approach which includes five steps in the nursing process including assessment, diagnosis, planning, implementation, evaluation.

**Result:** The results of the study showed that after implementing peppermint aromatherapy for 3 days with 2x administration in one day for 5 minutes, the results showed a decrease in respiratory frequency, sputum accumulation and additional breath sounds in patients.

**Conclusion:** There is an effect of giving peppermint aromatherapy on airway clearance in children with bronchopneumonia.

**Keywords:** Nursing Care, Peppermint Aromatherapy, Bronchopneumonia

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