

**PENGARUH AROMATERAPI LEMON TERHADAP MUAL MUNTAH  
PADA IBU HAMIL TRIMESTER I DITEMPAT PRAKTIK MANDIRI  
BIDAN (TPMB) ANISA MAULIDDINA GODEAN  
KABUPETEN SLEMAN**

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**RINGKASAN**

**Latar Belakang :** Mual muntah merupakan masalah yang umum terjadi pada kehamilan trimester pertama. Mual muntah disebabkan oleh hormon HCG (*Human Chorionic Gonadotropin*). Di bawah pengaruh HCG, mual dan muntah sering terjadi, disertai dengan penurunan tonus otot saluran pencernaan dan pergerakan keseluruhan saluran pencernaan yang melambat. Mual muntah merupakan gejala kehamilan yang mempengaruhi antara 50% hingga 90% wanita yang sedang hamil.

**Tujuan :** Untuk mengetahui pengaruh aromaterapi lemon terhadap mual muntah pada ibu hamil trimester I ditempat praktik mandiri bidan (TPMB) Anisa Mauliddina Godean kabupaten Sleman

**Metode :** Jenis penelitian ini yaitu *pre-eksperimen* dengan rancangan *one group pre-test and post-test*. Populasi dalam penelitian ini berjumlah 77 ibu hamil trimester I, teknik pengambilan sampel menggunakan rumus slovin dengan teknik *purposive sampling* dan didapatkan jumlah sampel sebanyak 19 responden. Instrumen penelitian menggunakan kuesioner PUQE (*Pregnancy unique quantification of emesis and nausea*). Analisis data menggunakan uji *Wilcoxon*.

**Hasil :** Berdasarkan hasil nilai *p-value* didapatkan 0,000 ( $<0,005$ ). Ada perbedaan intensitas mual muntah sebelum dan setelah diberikan intervensi aromaterapi lemon yaitu hasil mean (rata-rata) saat *pre-test* adalah 1,86 sedangkan setelah *post-test* nilai rata-rata menjadi 0,76.

**Kesimpulan :** Terdapat pengaruh pemberian aromaterapi lemon terhadap mual muntah ibu hamil trimester I di TPMB Anisa Mauliddina Godean.

**Kata Kunci :** Aromaterapi; Lemon; Mual muntah; Aromaterapi lemon; Ibu hamil

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**THE EFFECT OF LEMON AROMATHERAPY ON NAUSEA AND  
VOMITING IN FIRST-TRIMESTER PREGNANT WOMEN AT  
MIDWIFE'S PRACTICE (TPMB), ANISA MAULIDDINA,  
GODEAN, SLEMAN DISTRICT**

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**ABSTRACT**

**Background :** Nausea and vomiting is a common problem in the first trimester of pregnancy. Nausea and vomiting are caused by the hormone HCG (Human Chorionic Gonadotropin). Under the influence of HCG, nausea and vomiting often occur, accompanied by a decrease in the muscle tone of the digestive tract and the overall movement of the digestive tract slows down. Nausea and vomiting is a symptom of pregnancy that affects between 50% and 90% of pregnant women.

**Objective :** To determine the effect of lemon aromatherapy on nausea and vomiting in first-trimester pregnant women at the practice of midwife (TPMB) Anisa Mauliddina Godean, Sleman district.

**Methods :** This method used in this study is pre-experiment with a one-group pre-test and post-test design. The population in this study was 77 pregnant women in the first trimester. The sampling technique used the Slovin formula with purposive sampling technique and the sample size was 19 respondents. The research instrument used the PUQE (Pregnancy unique quantification of emesis and nausea) questionnaire. Data analysis used the Wilcoxon test.

**Results :** Based on the results, the p-value was found to be 0.000 ( $<0.005$ ). There was a difference in the intensity of nausea and vomiting before and after the lemon aromatherapy intervention was given, namely the mean result during the pre-test was 1.86, while after the post-test the average value was 0.76.

**Conclusion :** There is an effect of giving lemon aromatherapy on decrease nausea and vomiting in first-trimester pregnant women at TPMB Anisa Mauliddina Godean.

**Keywords :** Aromatherapy; Lemon; Nausea and vomiting; Lemon aromatherapy; Pregnant women

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