

# **PENERAPAN INTERVENSI PEMBERIAN AROMA TERAPI LEMON UNTUK MENGURANGI *EMESIS GRAVIDARUM* PADA NY. Y IBU HAMIL TRIMESTER 1 DI PUSKESMAS BERBAH**

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## **INTISARI**

**Latar Belakang:** Permasalahan ibu hamil trimester 1 biasanya akan mengalami *emesis gravidarum*. Dampak ketika ibu hamil mengalami *emesis gravidarum* seperti kekurangan nutrisi dan penurunan berat badan. Terdapat beberapa terapi nonfarmakologi untuk mengurangi *emesis* pada ibu hamil salah satunya adalah pemberian aroma terapi lemon.

**Tujuan:** Diketuainya efektivitas pemberian aroma terapi lemon untuk mengurangi mual dan muntah pada ibu hamil trimester 1 di Puskesmas Berbah

**Metode Penelitian:** Menggunakan studi kasus dengan pendekatan proses keperawatan meliputi pengkajian, diagnosa keperawatan, intervensi, implementasi dan evaluasi. Subjek dalam penelitian adalah 1 responden pasien ibu hamil yang mengalami *emesis gravidarum*. Penerapan intervensi ini dilakukan selama 3 hari dengan frekuensi penerapan 2x sehari dalam waktu 5-10 menit.

**Hasil:** Dari hasil penerapan intervensi pemberian aroma terapi lemon yang sudah dilakukan diperoleh hasil frekuensi mual dan muntah pada hari pertama sebelum diberikan intervensi sebanyak 5 kali dan setelah diberikan intervensi frekuensi turun menjadi 4. Hari kedua sebelum dilakukan intervensi frekuensi mual muntah pasien 4 kali dan setelah dilakukan intervensi turun menjadi 2. Hari ketiga sebelum intervensi mual muntah frekuensi 2 kali menjadi 1 kali.

**Kesimpulan:** Pemberian aroma terapi lemon ini efektif untuk mengurangi *emesis gravidarum* pada ibu hamil trimester 1.

**Kata Kunci:** Pemberian aroma Terapi Lemon , *Emesis Gravidarum*

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**IMPLEMENTATION OF LEMON AROMA THERAPY INTERVENTION TO  
REDUCE GRAVIDARUM EMESIS ON NY. Y 1ST TRIMESTER PREGNANT  
WOMEN AT BERBAH HEALTH CENTER**

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**ABSTRACT**

**Background:** Problems pregnant women in the first trimester will usually experience emesis gravidarum. Impacts when pregnant women experience emesis gravidarum such as nutritional deficiencies and weight loss. There are several non-pharmacological therapies to reduce it emesis in pregnant women, one of them is giving lemon aromatherapy.

**Objective:** The effectiveness of providing lemon aromatherapy to reduce nausea and vomiting in pregnant women in the first trimester at the Berbah Community Health Center is known

**Research methods:** Using case studies with a nursing process approach including assessment, nursing diagnosis, intervention, implementation and evaluation. The subject in the study was 1 respondent who was a pregnant woman who experienced emesis gravidarum. This intervention was implemented for 3 days with a frequency of application 2 times a day within 5-10 minutes.

**Results:** From the results of the implementation of the lemon aroma therapy intervention that had been carried out, the results showed that the frequency of nausea and vomiting on the first day before the intervention was given was 5 times and after the intervention was given the frequency decreased to 4. On the second day before the intervention the patient's frequency of nausea and vomiting was 4 times and after the intervention was carried out decreased to 2. On the third day before the intervention, the frequency of nausea and vomiting was 2 times to 1 time.

**Conclusion:** Providing lemon aromatherapy is effective in reducing emesis gravidarum in pregnant women in the 1st trimester.

**Keywords:** Providing Lemon Therapy aroma, Emesis Gravidarum

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