

**PENGARUH PEMBERIAN AROMATERAPI LEMON TERHADAP
MUAL DAN MUNTAH (*Emesis Gravidarum*) PADA IBU HAMIL
TRIMESTER PERTAMA DI PUSKESMAS MLATI II SLEMAN
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INTISARI

Latar belakang : Berdasarkan data yang didapatkan menurut Dinas Kesehatan Kabupaten Sleman tahun 2019 menunjukkan urutan ketiga pada kunjungan ibu hamil K1 dengan jumlah 1.312 ibu hamil di daerah Mlati Sleman. Selain itu terjadinya dehidrasi yang disebabkan oleh mual dan muntah.

Tujuan : Untuk mengetahui pengaruh aromaterapi lemon terhadap penurunan mual pada ibu hamil trimester pertama di Puskesmas Mlati II Sleman.

Metode : Merupakan penelitian kuantitatif dengan metode penelitian *pre-eksperiment* jenis perancangan *one group pre-test post-test desain*. Populasi dalam penelitian ini sebanyak 81 ibu, dengan total sampel 23 ibu hamil di Puskesmas Mlati II Sleman dengan analisis univariate dan bivariat dengan uji Wilcoxon.

HASIL : Hasil dari sebelum diberikan aromaterapi lemon menunjukan sebanyak 14 (60,9%) responden mengalami tingkat mual dan muntah dalam kategori sedang. Setelah diberikan aromaterapi lemon terjadi penurunan mual dan muntah menunjukan tingkat kategori ringan 14 (60,9 %). Untuk hasil *uji Wilcoxon* nilai Z adalah -4.796 dengan p value = 0.000, ($\alpha < 0,005$).

Kesimpulan : Kesimpulan terdapat hasil sehingga pada hasil bahwa terdapat pengaruh pemberian aromaterapi lemon pada ibu hamil yang mengalami mual dan muntah di Puskesmas Mlati II Sleman Yogyakarta.

Kata kunci : Aromaterapi lemon, Ibu hamil trimester I

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**INFLUENCE OF LEMON AROMATHERAPY ON FEEDING AND
FEEDING (Emesis Gravidarum) IN FIRST TRIMESTER PREGNANT
MOTHERS AT MLATI II SLEMAN PUSKESMAS
YEAR 2024**

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ABSTRACT

Background: Based on data obtained according to the Sleman District Health Office in 2019, it shows the third place in K1 pregnant women visits with a total of 1,312 pregnant women in the Mlati Sleman area. In addition, the occurrence of dehydration caused by nausea and vomiting

Objective: To determine the effect of lemon aromatherapy on reducing nausea in first-trimester pregnant women at the Mlati II Sleman Health Center.

Method: This is a quantitative study with pre-experiment research method design type one group pre-test post-test design. The population in this study were 81 mothers, with a total sample of 23 pregnant women at the Mlati II Sleman Health Center with univariate and bivariate analysis with the Wilcoxon test.

Results: The results of before being given lemon aromatherapy showed as many as 14 (60.9%) respondents experienced a level of nausea and vomiting in the moderate category. After being given lemon aromatherapy, there was a decrease in nausea and vomiting, indicating a mild category level of 14 (60.9%). For the results of the Wilcoxon test, the Z value is -4,796 with a p value = 0.000 ($\alpha < 0.005$).

Conclusion: In conclusion, there are results so that in the results there is an effect of giving lemon aromatherapy to pregnant women who experience nausea and muntah at the Mlati II Sleman Health Center Yogyakarta.

Keywords: Lemon aromatherapy, first trimester pregnant women

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