

THE EFFECT OF LAVENDER AROMATHERAPY WITH A DIFFUSER ON
THE PAIN INTENSITY OF POST SECTIO CAESARIA PATIENTS AT RSUD
DR, SOEDOMO TRENGGALEK.

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ABSTRACT

Patients who give birth by sectio caesaria method often complain of pain at the incision in the abdomen. Post cesarean section pain can be overcome if endorphin production in the mother's body increases, lavender aromatherapy can be one of the alternatives to increase endorphin production in post cesarean section mothers. The purpose of this study was to determine the effect of lavender aromatherapy with a diffuser on the pain intensity of post sectio caesaria patients. This research method uses quasy eksperimen design with pre-post test design with two groups. The data collection method used purposive sampling with 74 respondents divided into 2 groups. This research instrument used FLACC scale and questionnaire sheet to assess pain pre, post sectio caesaria. The research time was conducted on 04-23 March 2024. The independent variable of this study is the administration of lavender aromatherapy while the dependent variable of this study is pain level. In data processing using SPSS application. The data were analysed using the wilcoxon test obtained post intervention 22 respondents (59.4) experienced mild pain, in the control group obtained wilcoxon test results of 0.000, while the pre-post test of the treatment group was 0.000, in the man-withney test obtained results of 0.023 Which means there is a relationship between pain levels and the use of lavender aromatherapy with a diffuser. Therefore, it is expected for RSUD dr, seodomo trenggalek to use lavender aromatherapy with a diffuser as an effective alternative therapy to reduce pain in post sectio caesaria mothers.

Keywords: lavender aromatherapy, pain intensity, post section caesaria