

**THE EFFECT OF A COMBINATION OF PEPPERMINT  
AROMATHERAPY AND PASSIVE EARLY MOBILIZATION ON  
NAUSEA VOMITING POST GENERAL ANESTHESIA AT RSUD DR.  
SOEDONO MADIUN, EAST JAVA PROVINCE**

Cindy Tyas Prasdina Wardaningrum  
Marsaid, S.Kep., Ns., M.Kep.  
Nurul Hidayah, S.Kep., Ns., M.Kep.

---

**ABSTRACT**

Postoperative nausea and vomiting is considered a mild postoperative side effect. If left untreated, Nausea Vomiting Post General Anesthesia can cause complications. The current phenomenon is that not many people use a combination of peppermint aromatherapy and passive early mobilization. The aim of the research was to determine the effect of a combination of peppermint aromatherapy and early passive mobilization on nausea vomiting post general anesthesia at RSUD dr. Soedono Madiun, East Java Province. Novelty of research on combinative aspects of peppermint aromatherapy and passive early mobilization. The research design was Quasi Experimental pre test and post test control group. The total research sample was 36 respondents. The intervention provided was a combination of peppermint aromatherapy and passive early mobilization. Nausea and vomiting were measured using the RINVR instrument. Analysis used the bivariate paired t test. The results of the post general anesthesia nausea vomiting research before the intervention were 13 (72%) respondents with severe nausea and vomiting and after the intervention it fell to 7 (%) respondents with moderate nausea and vomiting. There is an effect of a combination of peppermint aromatherapy and passive early mobilization on Nausea Vomiting Post General Anesthesia at RSUD dr. Soedono Madiun with a p value of 0.008. This shows that in patients with nausea vomiting post general anesthesia after being given intervention, the level of nausea and vomiting decreased. It is hoped that health workers will provide interventions using a combination of peppermint aromatherapy and passive early mobilization to reduce nausea and vomiting in post general anesthesia patients.

**Keywords:** Peppermint Aromatherapy, Early Mobilization, Nausea Vomiting Post General Anesthesia