

**DIFFERENCES IN THE EFFECTIVENESS OF PEPPERMINT AND
LAVENDER AROMATHERAPY ON REDUCING POSTOPERATIVE
NAUSEA AND VOMITING PATIENTS WITH SPINAL ANESTHESIA AT
MARDI WALUYO HOSPITAL, BLITAR CITY**

Navalia Nailin Mudviyanti.
Taufan Arif, S.Kep., Ns., M.Kep.
Maria Diah Ciptaningtyas, S.Kep., Ns., M.Kep., Sp.KMB.

ABSTRACT

Nausea vomiting often occurs after surgery with spinal anesthesia, which can cause complications and slow recovery. Peppermint and lavender aromatherapy, can help reduce postoperative nausea and vomiting due to their relaxing effects. The purpose of this study was to determine difference in effectiveness of peppermint and lavender aromatherapy on reducing nausea vomiting postoperative patients with spinal anesthesia at Mardi Waluyo Hospital, Blitar City. This study used one group pretest posttest design with control group. Sample of study was minimum of 30 respondents using random sampling techniques using spinner wheel. The inclusion criteria were respondents who experienced nausea vomiting with moderate-severe score (9-24). This study used Rhodes Index Nausea, Vomiting & Retching (RINVR) instrument to measure score of vomiting nausea levels for 6 hours. Based on the mann whitney test, the P value of peppermint aromatherapy smaller than alpha ($0.003 < 0.05$), the P value of lavender aromatherapy smaller than alpha ($0.017 < 0.05$) and the P value of post peppermint and lavender aromatherapy smaller than alpha ($0.00 < 0.05$) which means difference in effectiveness between peppermint aromatherapy and lavender against reduction of nausea, vomiting. Peppermint aromatherapy more effective than lavender in reducing nausea and vomiting because refreshing effect peppermint preferred by respondent making them more relaxed and nausea vomiting reduced.

Keywords: *postoperative nausea and vomiting, spinal anesthesia, aromatherapy*