

APPLICATION OF PEPPERMINT AROMATHERAPY IN NURSING CARE FOR NAUSEA IN PREGNANT WOMEN IN THE FIRST TRIMESTER AT BANGIL REGIONAL HOSPITAL

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ABSTRACT

Hyperemesis gravidarum is a condition of excessive nausea and vomiting during pregnancy that generally occurs in the first trimester due to increased levels of the hormone human chorionic gonadotropin (HCG). This condition can cause decreased appetite, dehydration, and disruption of daily activities. One non-pharmacological intervention that can be used to reduce these complaints is peppermint aromatherapy. This scientific paper aims to describe nursing care for pregnant women in the first trimester with nausea and evaluate the effectiveness of peppermint aromatherapy. Data were obtained through direct assessment, observation, interviews, and documentation. The intervention provided was inhalation of peppermint aromatherapy using a portable diffuser for 10–15 minutes daily for three days accompanied by education. The evaluation results showed a decrease in the frequency of nausea and vomiting, increased appetite, reduced signs of mild dehydration, and an improvement in the patient's general condition. The patient also appeared more comfortable and cooperative during treatment. Thus, peppermint aromatherapy can be a safe, practical, and easy-to-implement alternative non-pharmacological intervention to help reduce nausea and vomiting in pregnant women in the first trimester.

Keywords: *hyperemesis gravidarum, nausea, peppermint aromatherapy*