

**GIVING LEMON AROMATHERAPY TO PREGNANT WOMEN IN THE  
FIRST TRIMESTER NY.A G2P10001 ON THE NURSING PROBLEM OF  
NAUSEA IN THE OBGYN POLYCLINIC OF  
KANJURUHAN REGIONAL HOSPITAL**

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**ABSTRACT**

*Nausea is a common complaint in pregnant women in the first trimester due to increased HCG, estrogen, and progesterone hormones. If not treated properly, nausea can cause food intake disorders and affect the nutritional status of the mother and fetus. One of the non-pharmacological interventions that can be used to overcome nausea is lemon aromatherapy. The purpose of this scientific paper is to provide an overview of nursing care for pregnant women in the first trimester with complaints of nausea, and to evaluate the effectiveness of providing lemon aromatherapy in reducing these complaints. This writing uses a case study method with a holistic nursing care approach to Mrs. A with nausea nursing problems. The main intervention given was inhalation of lemon aromatherapy twice a day for three days, accompanied by education on small but frequent diet patterns. Data collection was carried out through direct assessment, observation, and interviews. The results of the study showed that after three days of providing lemon aromatherapy and education, patients showed a decrease in the frequency of nausea and vomiting, increased appetite, and a more stable general condition. Patients also felt more comfortable and cooperative in carrying out the recommended care. Providing lemon aromatherapy has been proven effective in reducing complaints of nausea in pregnant women in the first trimester. This therapy can be used as an alternative non-pharmacological intervention that is safe and easy to perform in maternity nursing practice.*

*Keywords: lemon aromatherapy, nausea, first trimester of pregnancy, nursing care*