

**PENGARUH *EUCALIPTUS OIL* AROMATERAPI TERHADAP PASIEN
MUAL MUNTAH PASCA OPERASI GENERAL ANESTESI
DI RSUD BATIN MANGUNANG**

Nisya Lutfi Miftahul Aziza¹
Jurusan Keperawatan Poltekkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

INTISARI

Latar Belakang : PONV (Post Operative Nausea And Vomiting) sering terjadi pada pasien post operasi dengan anestesi umum. masalah tersebut disebabkan karena belum ada jenis obat yang secara efektif dapat mengontrol secara penuh kejadian mual muntah pasca pembedahan. Pasien pasca anestesi sering merasakan mual muntah merupakan kegawat daruratan yang bisa berakibat fatal pasca anestesi general sehingga perlu di lakukan penanganan baik menggunakan obat farmakologi ataupun secara tradisional. Terapi kombinasi diperlukan untuk mengurangi kejadian PONV.

Tujuan : untuk mengetahui Pengaruh Eucalyptus Oil Aromaterapi terhadap Pasien Mual Muntah Pasca Operasi General Anestesi Di RSUD Batin Mangunang.

Metode : Penelitian ini menggunakan metode quasi eksperimen dengan dengan pendekatan penelitian *nonequivalent control group design*. Subyek penelitian adalah pasien *post* operasi yang mengalami mual muntah dengan general anestesi di RSUD Batin Mangunang Kotaagung, yaitu sebanyak 64 orang. Teknik pengumpulan data menggunakan lembar observasi checklist dan analisis data dengan chi square test.

Hasil : Pasien post anestesi general pada pengukuran sebelum sebesar 100% mengalami mual pada tingkatan retching dan setelah tidak ada perubahan pada kelompok control, yaitu tetap sebesar 100%. Pasien post anestesi general sebelum diberikan intervensi pemberian aromaterapi eucalyptus oil diketahui sebesar 100% mual pada tingkatan retching dan mengalami perubahan setelah diberikan intervensi sebagian besar merasa mual saja sebesar 78,1%. Ada perbedaan mual muntah pengukuran sesudah antara kelompok intervensi dan kelompok control (nilai p-value = 0,000 berarti $p < \alpha=0,05$)

Kesimpulan : Pemberian Eucalyptus Oil Aromaterapi terhadap Pasien Mual Muntah Pasca Operasi General Anestesi dapat mengatasi efek mual muntah pasca pembedahan anestesi general.

Kata kunci : Eucalyptus oil , Manajemen PONV

¹Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

**THE EFFECT OF EUCALIPTUS OIL AROMATHERAPY ON PATIENTS
OF NAUSEA AND VOMITING POST GENERAL ANESTHESIA SURGERY
IN BATIN MANGUNANG HOSPITAL**

Nisya Lutfi Miftahul Aziza¹
Jurusan Keperawatan Poltekkes Yogyakarta
Jl. Tata Bumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293

ABSTRACT

Background: PONV (Post Operative Nausea And Vomiting) often occurs in postoperative patients under general anesthesia. This problem is caused because there is no type of drug that can effectively fully control the incidence of postoperative nausea and vomiting. Post-anesthesia patients often feel nausea and vomiting is an emergency that can be fatal after general anesthesia so that it needs to be handled either using pharmacology or traditional drugs. Combination therapy is required to reduce the incidence of PONV.

Purpose: to determine the effect of Eucaliptus Oil Aromatherapy on Nausea and Vomiting Patients after General Anesthesia Operations at Batin Manguang Hospital.

Methods: This study uses a quasi-experimental method with a nonequivalent control group design research approach. The research subjects were postoperative patients who experienced nausea and vomiting under general anesthesia at the Batin Manguang Hospital, Kotaagung, as many as 64 people. Data collection techniques using a checklist observation sheet and data analysis with chi square test.

Results: Post general anesthesia patients on the measurement before 100% experienced nausea at the retching level and after there was no change in the control group, which was still at 100%. Post general anesthesia patients before being given the intervention of giving eucalyptus oil aromatherapy was known to be 100% nauseated at the retching level and experienced changes after being given the intervention, most of them felt nauseous at 78.1%. There is a difference in nausea and vomiting after measurement between the intervention group and the control group ($p\text{-value} = 0.000$ means $p < = 0.05$)

Conclusion: Giving Eucaliptus Oil Aromatherapy to Nausea and Vomiting Patients After General Anesthesia Surgery can overcome the effects of nausea and vomiting after general anesthesia surgery.

Keywords: Eucalyptus oil, Management PONV

¹⁾Mahasiswa Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta