

**EFFECT OF AROMATHERAPY LEMON ESSENTIAL OIL ON NAUSEA
VOMITING POST SECTIO CAESAREA OPERATION WITH
SPINAL ANESTESI IN RSKIA SADEWA YOGYAKARTA**

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ABSTRACT

Background: *Sectio Caesarea is the birth of a fetus through the abdomen that requires an incision to the uterus. The number of the birth of section caesarea in Indonesia is about 30-80% of the total of the birth, the data shows the increasing of the postoperative morbidity is about 90%. One of the effects caused by the spinal anesthesia in a postoperative patient of cesarean section surgery is nausea vomiting. Nausea postoperative vomiting caused an aspiration if it not treated immediately. One of the non-pharmacological treatments that can be done is by giving the aromatherapy lemon essential oil.*

Objective: *To find out the effect of aromatherapy lemon essential oil on postoperative nausea vomiting sectio caesarea with spinal anesthesia at RSKIA Sadewa Yogyakarta.*

Research Methods: *The design of this study was a quasi experiment with a prepost test design with a control group. The study used a consecutive sampling as the sampling technique. The sample of the research was 42 respondents (21 respondents as the intervention group and 21 respondents were as the control group). Nausea score of vomiting was measured by Gordon's observation sheet. The statistical tests that was used in this study were the Wilcoxon signed test and the Man Whitney test.*

Results: *The results showed the differences of nausea of prepost vomiting between intervention group and control group with p value 0,043 ($p < \alpha$).*

Conclusion: *There is an effect of giving the lemon essential oil aromatherapy to reduce the nausea vomiting in post-operative patients sectio caesarea.*

Keywords: *aromatherapy lemon essential oil, postoperative nausea vomiting, sectio caesarea, spinal anesthesia.*

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**PENGARUH PEMBERIAN AROMATERAPI *LEMON ESSENTIAL*
OIL TERHADAP MUAL MUNTAH PASCA OPERASI
SECTIO CAESAREA DENGAN SPINAL ANESTESI
DI RSKIA SADEWA YOGYAKARTA**

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ABSTRAK

Latar Belakang : *Sectio Caesarea* adalah kelahiran janin melalui perut yang membutuhkan suatu insisi ke rahim. Jumlah persalinan *sectio caesarea* di Indonesia sekitar 30-80% dari total persalinan, data ini menunjukkan peningkatan sekitar 90% dari morbiditas pasca operasi. Salah satu efek samping yang ditimbulkan oleh anestesi spinal pada pasien pasca operasi bedah *sectio caesarea* adalah mual muntah. Mual muntah pasca operasi dapat menyebabkan aspirasi apabila tidak ditangani dengan segera. Salah satu perawatan nonfarmakologi yang bisa dilakukan adalah pemberian aromaterapi *lemon essential oil*.

Tujuan Penelitian : Mengetahui pengaruh pemberian aromaterapi *lemon essential oil* terhadap mual muntah pasca operasi *sectio caesarea* dengan spinal anestesi di RSKIA Sadewa Yogyakarta.

Metode Penelitian : Bentuk desain penelitian ini adalah eksperimen semu dengan rancangan *prepost test* dengan kelompok kontrol. Teknik pengambilan sample yang digunakan adalah dengan *consecutive sampling*. Sampel dari penelitian adalah 42 responden (21 responden sebagai kelompok intervensi dan 21 responden adalah sebagai kelompok kontrol). Skor mual muntah diukur dengan lembar observasi Gordon. Uji statistik yang digunakan dalam penelitian ini adalah uji *Wilcoxon signed* dan uji *Man Whitney*.

Hasil Penelitian : Hasil analisis menunjukkan perbedaan mual muntah *prepost* antara kelompok intervensi dan kelompok kontrol dengan nilai $p = 0,043$ ($p < \alpha$).

Kesimpulan : Ada pengaruh pemberian aroma terapi *lemon essential oil* terhadap penurunan mual muntah pada pasien pasca operasi *sectio caesarea*.

Kata Kunci : aromaterapi *lemon essential oil*, mual muntah pasca operasi, *sectio caesarea*, spinal anestesi

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