

## THE EFFECT OF LAVENDER AROMATHERAPY ON THE ANXIETY LEVEL OF ODONTECTOMY PATIENTS

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### ABSTRACT

**Background:** Dental anxiety is the most important factor causing problems in people's visits to the dentist for oral health check-ups. Tooth extraction or odontectomy is an early trigger of anxiety. Aromatherapy is one form of non-pharmacological therapy for anxiety. The results of interviews with patients who will have odontectomy 70% of patients feel anxious about odontectomy.

**Objective:** To know the effect of lavender aromatherapy on the anxiety level of odontectomy patients.

**Methods:** This research is a quasi experiment (Quasi Experiment Design) with Pretest Posttest With Control Group design. The sample of this study was 40 respondents who were taken by accidental technique at a private dental clinic. Lavender aromatherapy was administered using a diffuser. Anxiety was measured using the Modified Dental Anxiety Scale (MDAS) and Visual Analog Scale for Anxiety (VAS-A) questionnaires and data analysis using paired sample t-test and Wilcoxon test.

**Results:** The level of anxiety experienced prior to the administration of lavender aromatherapy is classified as moderately anxious (50%) or highly anxious (45%) by the majority of subjects. In contrast, the level of anxiety observed following the administration of lavender aromatherapy is predominantly slightly anxious (60%), with a minority exhibiting no anxiety (20%). The anxiety level obtained the average result of anxiety level before being given lavender aromatherapy is 14.80. The average result of anxiety level after being given lavender aromatherapy is 10.75. The anxiety level of respondents who were given lavender aromatherapy before and after was significantly different at  $p=0.000$ .

**Conclusion:** Lavender aromatherapy affects the anxiety level of odontectomy patients.

**Keywords:** Lavender aromatherapy, anxiety level, odontectomy.

# PENGARUH AROMATERAPI LAVENDER TERHADAP TINGKAT KECEMASAN PASIEN TINDAKAN ODONTEKTOMI

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## ABSTRAK

**Latar Belakang:** Kecemasan dental adalah faktor paling utama menyebabkan masalah kunjungan orang-orang untuk memeriksakan kesehatan gigi dan mulut kepada dokter gigi. Pencabutan gigi atau odontektomi merupakan pencetus awal kecemasan. Aromaterapi merupakan salah satu bentuk terapi non-farmakologis terhadap kecemasan. Hasil wawancara dengan pasien yang akan dilakukan odontektomi 70% pasien merasa cemas akan tindakan odontektomi.

**Tujuan:** Diketahui pengaruh aromaterapi lavender terhadap tingkat kecemasan pasien tindakan odontektomi.

**Metode:** Penelitian ini adalah eksperimen semu (*Quasi Experimen Design*) dengan rancangan *Pretest Posttest with Control Group*. Sampel Penelitian ini sebanyak 40 responden yang diambil dengan teknik aksidental di klinik gigi swasta. Aromaterapi lavender diberikan dengan menggunakan *diffuser*. Kecemasan diukur menggunakan kuesioner *Modified Dental Anxiety Scale* (MDAS) dan *Visual Analog Scale for Anxiety* (VAS-A) dan analisis data menggunakan uji *paired sample t-test* dan uji *wilcoxon*.

**Hasil:** Tingkat kecemasan sebelum diberikan aromaterapi lavender yaitu cemas sebanyak 50% dan cemas sekali sebanyak 45%. Tingkat kecemasan sesudah diberikan aromaterapi lavender sedikit cemas sebanyak 60% tidak cemas sebanyak 20%. Tingkat kecemasan diperoleh hasil rata-rata tingkat kecemasan sebelum diberikan aromaterapi lavender adalah 14,80. Diperoleh hasil rata-rata tingkat kecemasan sesudah diberikan aromaterapi lavender adalah 10,75. Tingkat kecemasan responden yang diberikan aromaterapi lavender sebelum dan sesudah berbeda secara signifikan sebesar  $p=0,000$ .

**Kesimpulan:** Aromaterapi lavender mempengaruhi tingkat kecemasan pasien tindakan odontektomi

**Kata Kunci:** Aromaterapi lavender, tingkat kecemasan, odontektomi