

PENGARUH PEMBERIAN AROMATERAPI *PEPPERMINT* TERHADAP MUAL MUNTAH PASCA OPERASI SPINAL ANESTESI DI RSUD KOTA YOGYAKARTA

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ABSTRAK

Latar Belakang : Mual muntah pasca operasi dapat menyebabkan angka kesakitan, mencakup dehidrasi, ketidak seimbangan elektrolit, tegang jahitan, perdarahan, hipertensi pembuluh darah, ruptur esophagus dan permasalahan jalan nafas bahkan mual muntah yang berkelanjutan dapat menimbulkan gangguan fungsi alat-alat vital (ginjal dan hati) dan menimbulkan kematian. Penanganan mual muntah secara farmakologi dan non farmakologi. Terapi non farmakologi yang digunakan pada penelitian ini pemberian aromaterapi *peppermint*.

Tujuan Penelitian : mengetahui pengaruh pemberian aromaterapi *peppermint* terhadap mual muntah pasca operasi spinal anestesi di RSUD Kota Yogyakarta.

Metode Penelitian : penelitian ini adalah *quasi experiment* dengan menggunakan rancangan *pre post test with control group design*. Penelitian ini dilaksanakan pada April – Juni 2018. Jumlah sampel 40 responden terdiri 20 responden kelompok intervensi dan 20 responden kelompok pembandingan. Analisis data menggunakan Wilcoxon dan Chi Square.

Hasil Penelitian : hasil analisis data pada kelompok intervensi didapatkan hasil nilai *p-value* $0,02 < 0,05$ dengan uji *Wilcoxon*. Sedangkan, kelompok pembandingan, didapatkan hasil *p-value* $1,00 > 0,05$. Analisis data antar kelompok intervensi dan pembandingan dengan uji *Chi Square* didapatkan *p-value* $0,01 < 0,05$. Apabila *p-value* lebih kecil dari 0,05 maka H_0 ditolak dan H_a diterima.

Kesimpulan : Ada pengaruh pemberian aromaterapi *peppermint* terhadap perubahan mual muntah pasca operasi spinal anestesi.

Kata Kunci : aromaterapi *peppermint*, mual muntah pasca operasi, spinal anestesi

EFFECT OF GIVING PEPPERMINT AROMATHERAPY TOWARD NAUSEA VOMITING POST OPERATION SPINAL ANESTHESIA AT RSUD KOTA YOGYAKARTA

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ABSTRACT

Background: Postoperative nausea vomiting can cause morbidity, including dehydration, electrolyte imbalances, tension suture, hemorrhage, blood vessel hypertension, esophageal rupture and airway problems and even sustained nausea may cause impaired functioning of vital devices (kidney and heart) and cause death. Treatment of pharmacologically and non-pharmacologically nauseous vomiting. Non-pharmacological therapy used in this study was given peppermint aromatherapy.

Objective: To know the effect of giving peppermint aromatherapy to nausea vomiting after spinal anesthesia at RSUD Kota Yogyakarta.

Research Method: This research is quasi experiment by using pre post test with control group design. The study was conducted from April to June 2018. The sample size of 40 respondents consisted of 20 respondents of the intervention group and 20 respondents of the comparison group. Statistical test using Wilcoxon and Chi Square.

Result: The result of statistical test in the intervention group obtained the result of p-value $0,02 < 0,05$ with Wilcoxon test. Meanwhile, the comparison group statistical test, obtained p-value $1,00 > 0,05$. The result of statistical test between intervention group and companion with Chi Square test obtained p-value $0,01 < 0,05$. If p-value is less than 0.05 then H_0 is rejected and H_a is accepted.

Conclusion: There is an effect of giving peppermint aromatherapy to changes in nausea vomiting post spinal anesthesia surgery.

Keywords: peppermint aromatherapy, postoperative nausea vomiting, spinal anesthesia