

**PERBEDAAN ANTARA PEMBERIAN AROMATERAPI *BITTER ORANGE*
ESSENTIAL OIL DENGAN *GUIDED IMAGERY*
TERHADAP INTENSITAS NYERI TUSUKAN JARUM
SPINAL ANESTESI DI RS PKU MUHAMMADIYAH
BANTUL**

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ABSTRAK

Latar belakang: Nyeri tusukan jarum spinal anestesi merupakan pengalaman sensori dan pengalaman emosional yang tidak menyenangkan berkaitan dengan kerusakan jaringan yang aktual atau potensial atau dilukiskan dalam kejadian dimana terjadi seperti kerusakan. Untuk menurunkan nyeri dapat dilakukan dengan pemberian aromaterapi *bitter orange essential oil* dan *guided imagery*.

Tujuan Penelitian: Mengetahui perbedaan pemberian aromaterapi *bitter orange essential oil* dan *guided imagery* terhadap intensitas nyeri tusukan jarum spinal anestesi di RS PKU Muhammadiyah Bantul.

Metode Penelitian: Desain penelitian ini adalah *quasi experimental* dengan rancangan *two group post test design*. Teknik pengambilan sampel dalam penelitian menggunakan *consecutive sampling* dengan jumlah sampel 40 responden. Uji statistik yang digunakan dalam penelitian ini adalah uji *mann whitney* dengan α 5 % (0,05).

Hasil Penelitian : Hasil uji statistik α 5 % (0,05), didapatkan p value 0,012, sehingga H_0 ditolak artinya terdapat perbedaan secara signifikan pada intensitas nyeri antara pemberian aromaterapi *bitter orange essential oil* dengan *guided imagery*.

Kesimpulan : Ada perbedaan secara signifikan pada intensitas nyeri antara pemberian aromaterapi *bitter orange essential oil* dengan *guided imagery*.

Kata Kunci : *Guided Imagery* , Nyeri Tusukan Jarum Spinal Anestesi, Aromaterapi *Bitter Orange Essential Oil*.

**The Difference between Aromatherapy Bitter Orange Essential Oil
with Guided Imagery Against Pain Intensity Puncture Needles
Spinal Anesthesia at RS PKU Muhammadiyah Bantul**

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ABSTRACT

Background: The pain of an anesthetic spinal puncture is an unpleasant sensory experience and emotional experience associated with actual or potential tissue damage or is described in an event that occurs such as damage. To reduce pain can be done by giving aromatherapy bitter orange essential oil and guided imagery.

Objection: To know difference giving of aromatherapy bitter orange essential oil and guided imagery to the intensity of spinal anesthesia needle puncture in RS PKU Muhammadiyah Bantul.

Research Method: The design of this research is quasi experimental with two group post test design design. Sampling technique in research using consecutive sampling with total sample 40 responden. The statistical test used in this research is mann whitney test with α 5% (0,05).

Result: Statistical test result α 5% (0,05), got ρ value 0,012, so H_0 rejected mean there is difference significantly on intensity of pain between giving aromatherapy bitter orange essential oil with guided imagery.

Conclusion: There is difference significantly on intensity of pain between giving aromatherapy bitter orange essential oil with guided imagery.

Keywords : *Aromatherapy Bitter Orange Essential Oil, Guided Imagery, Spinal Crash Pain Anesthesia.*