

**PENGARUH PEMBERIAN AROMATERAPI LAVENDER
TERHADAP MUAL MUNTAH PASCA OPERASI
DENGAN ANESTESI UMUM**

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ABSTRAK

Latar belakang: Pemberian anestesi umum pada tindakan operasi menyebabkan munculnya masalah diantaranya mual muntah yang akan menyebabkan aspirasi dan hasil operasi kurang baik, pada pembedahan elektif meningkat sampai 40 %. Upaya mengatasi mual muntah dilakukan secara farmakologi dan non farmakologi, pemberian aromaterapi *lavender* merupakan cara non farmakologi untuk mengatasi mual muntah pasca operasi.

Tujuan: Diketuainya pengaruh pemberian aromaterapi *lavender* terhadap mual muntah pasca operasi pasien dengan anestesi umum.

Metode: Penelitian ini menggunakan desain *quasi eksperimen* rancangan *posttest only with control group design*, subjek penelitian meliputi pasien pasca operasi dengan anestesi umum di RS PKU Muhammadiyah Yogyakarta sebanyak 30 pasien dengan 15 kelompok intervensi 15 kelompok pembanding diambil dengan cara *consecutive sampling*, yang respon mual muntahnya diukur dengan skor gordon, analisis data menggunakan *kolmogorov smirnov*.

Hasil: Hasil penelitian menunjukkan responden yang tidak diberikan aromaterapi *lavender* sebagian besar merasa mual yaitu (46,7 %) sedangkan pada kelompok yang diberikan aromaterapi *lavender* sebagian besar tidak merasa mual muntah yaitu (80,0 %). Hasil uji statistik dengan *kolomogorov smirnov* diperoleh nilai p – value sebesar 0,003 ($p < 0,05$) pada taraf signifikansi 5%.

Kesimpulan: Terdapat pengaruh pemberian aromaterapi *lavender* terhadap mual muntah pasca operasi dengan anestesi umum.

Kata kunci: anestesi umum, aromaterapi *lavender*, mual muntah pasca operasi.

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INFLUENCE OF LAVENDER AROMATHERAPY AGAINST MUTUAL VOICE POST OPERATION WITH GENERAL ANESTHESIA IN PKU MUHAMMADIYAH YOGYAKARTA HOSPITAL

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ABSTRACT

Background: Provision of general anesthesia to surgery leads to problems such as nausea and vomiting that will lead to poor aspiration and surgical results, in elective surgery up to 40%. Efforts to overcome nausea and vomiting are done pharmacologically and nonpharmacologically, giving lavender aromatherapy is a non-pharmacological way to overcome postoperative nausea vomiting.

Objective: Knowledge of the influence of lavender aromatherapy administration on postoperative nausea vomiting of patients with general anesthesia.

Method: This study used quasi experimental design design posttest only with control group design, subjects included postoperative patients with general anesthesia in RS PKU Muhammadiyah Yogyakarta as many as 30 patients with 15 intervention groups 15 comparison groups were taken by consecutive sampling, which response nausea vomiting Measured by gordon score, data analysis using kolmogorov smirnov.

Results: The results showed that respondents who were not given aromatherapy lavender mostly felt nauseated (46.7%) while in the group given lavender aromatherapy most did not feel nausea vomiting (80.0%). The result of statistical test with columnogorov smirnov obtained p-value value is 0,003 (p <0,05) at significance level 5%.

Conclusion: There is an effect of lavender aromatherapy on postoperative nausea vomiting with general anesthesia.

Keywords: general anesthesia, lavender aromatherapy, postoperative nausea vomiting.

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