

**PENGARUH PEMBERIAN AROMATERAPI MAWAR TERHADAP
PERUBAHAN TEKANAN DARAH PADA PASIEN PRE
OPERASI DENGAN GENERAL ANESTESI DI RS
PKU MUHAMMADIYAH GAMPING SLEMAN**

Anugrah Bachrodin Adhnan*, Ni Ketut Mendri, Yustiana Olfah
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tata Buni No. 3 Banyuraden, Gamping, Sleman
E-mail: Anugrahadhnan@gmail.com

ABSTRAK

Latar Belakang: Prosedur pembedahan dan pembiusan dapat memberikan suatu reaksi emosional yang menyebabkan stimulasi sistem saraf simpatis meningkatkan tekanan darah. Teknik non-farmakologi yang dapat menurunkan tekanan darah yaitu aromaterapi bunga mawar.

Tujuan Penelitian: Mengetahui pengaruh pemberian aromaterapi *mawar* terhadap perubahan tekanan darah pada pasien pre operasi General anestesi di RS PKU Muhammadiyah Gamping Sleman.

Metode Penelitian: Penelitian ini menggunakan pendekatan *quasy eksperiment*. Desain penelitian ini adalah kuantitatif dengan menggunakan metode *one group pre – post test design*. Populasi penelitian ini adalah pasien yang akan di lakukan General anestesi byang mengalami kenaikan tekanan darah di RS PKU Muhammadiyah Gamping Sleman. Pemilihan sample menggunakan metode *consecutive sampling* dengan jumlah 48. Analisa data menggunakan uji Wilcoxon.

Hasil Penelitian: Rata-rata tekanan darah sebelum pemberian aromaterapi mawar, sistol yaitu 139,9 mmHg dan diastol 86,8 mmHg dan rata-rata tekanan darah setelah pemberian aromaterapi mawar, sistol yaitu 135,5 mmHg dan diastol 82,8 mmHg. Hasil uji statsitik menggunakan uji Wilcoxon menunjukkan menunjukkan ada pengaruh yang bermakna dengan nilai signifikansi P_{value} 0,000 ($P < 0,05$).

Kesimpulan: Aromaterapi mawar mempunyai pengaruh terhadap perubahan tekanan darah pada pasien pre operasi dengan General Anestesi di RS PKU Muhammadiyah Gamping Sleman.

Kata Kunci: aromaterapi mawar, perubahan tekanan darah, pasien pre operasi

**EFFECT OF ROSE AROMATHERAPY ON BLOOD PRESSURE CHANGE
IN PRE OPERATING PATIENTS WITH GENERAL ANESTHESI
IN PKU HOSPITAL MUHAMMADIYAH
GAMPING SLEMAN**

Anugrah Bachrodin Adhnan *, Ni Ketut Mendri, Yustiana Olfah
Nursing Department, Yogyakarta Health Polytechnic of Ministry
Jl. Tata Buni No. 3 Banyuraden, Gamping, Sleman
E-mail: Anugrahadhnan@gmail.com

ABSTRACT

Background: *Surgical and anesthesia procedures can provide an emotional reaction causing sympathetic nervous system stimulation The sympathetic effect of increasing blood pressure. Non-pharmacological techniques that can reduce blood pressure are rose aromatherapy.*

Objective: *To determine the effect of giving aromatherapy roses to changes in blood pressure in patients who will be operated by using General anesthesia in PKU Muhammadiyah Gamping Hospital, Sleman.*

Research Method: *This study uses a quasy experiment approach. The design of this research is quantitative method using the one group pre-post test design method. The population in this study were patients who would be subjected to general anesthesia who had increased blood pressure in PKU Muhammadiyah Gamping Sleman Hospital. The sample selection used a consecutive sampling method with a sample of 48. Analysis of the data using the Wilcoxon test.*

Results: *The average blood pressure before given of rose aromatherapy, systole is 139.9 mmHg and diastole 86.8 mmHg and the average blood pressure after given of rose aromatherapy, systole is 135.5 mmHg and diastole is 82.8 mmHg. The statistic test results using the Wilcoxon test show that there is a significant effect with a significance value of 0.000 ($P < 0.05$).*

Conclusion: *Aromatherapy roses have an effect on changes in blood pressure in preoperative patients with General Anesthesia in PKU Muhammadiyah Gamping Sleman Hospital.*

Keywords: *aromatherapy roses, changes in blood pressure, preoperative patients*