

**THE APPLICATION OF GINGER AROMATHERAPY IN ALLEVIATING
NAUSEA IN CERVICAL CANCER PATIENTS UNDERGOING
CHEMOTHERAPY AT SOLO ONCOLOGY HOSPITAL**

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ABSTRACT

Background: Cervical cancer is a type of malignancy of the female reproductive system that is often treated with chemotherapy. One of the most common side effects experienced by patients is Chemotherapy-Induced Nausea and Vomiting (CINV), which can reduce patients' appetite, comfort, and quality of life. In addition to pharmacological therapy, ginger aromatherapy is a non-pharmacological therapy that can be used to help reduce chemotherapy-induced nausea.

Objective: To determine the effectiveness of ginger aromatherapy in meeting the comfort needs of cervical cancer patients experiencing chemotherapy-induced nausea at Solo Oncology Hospital.

Methods: This case study involved two cervical cancer patients undergoing chemotherapy who experienced nausea. The instruments used were the Standard Operating Procedure (SOP) for administering ginger aromatherapy and the Index of Nausea, Vomiting, and Retching (INVR) questionnaire. Ginger aromatherapy was administered via inhalation by applying five drops of ginger essential oil to a cotton ball, which was then inhaled for 10 minutes. The intervention was administered three times during the case management period (3 × 7 hours).

Results: The application of ginger aromatherapy reduced nausea levels in both cervical cancer patients undergoing chemotherapy. In Ms. S, the INVR score decreased from the moderate nausea category (12) to the mild nausea category (2), while in Ms. N, the INVR score decreased from the moderate nausea category (14) to the mild nausea category (4). Both patients also showed improved comfort and an increase in appetite.

Conclusion: The application of ginger aromatherapy can help reduce nausea levels and improve comfort in cervical cancer patients experiencing nausea due to chemotherapy.

Keywords: Cervical Cancer, Chemotherapy, Nausea, Ginger Aromatherapy, INVR

**PENERAPAN AROMATERAPI JAHE DALAM PEMENUHAN RASA
NYAMAN NAUSEA PASIEN KANKER SERVIKS DENGAN
KEMOTERAPI DI RS ONKOLOGI SOLO**

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ABSTRAK

Latar Belakang: Kanker serviks merupakan salah satu keganasan pada sistem reproduksi wanita yang sering ditatalaksana dengan kemoterapi. Salah satu efek samping yang paling sering dialami pasien adalah *Chemotherapy-Induced Nausea and Vomiting* (CINV) yang dapat menurunkan nafsu makan, kenyamanan, dan kualitas hidup pasien. Selain terapi farmakologis, aromaterapi jahe merupakan salah satu terapi nonfarmakologis yang dapat diterapkan untuk membantu mengurangi mual akibat kemoterapi.

Tujuan: Diketuinya penerapan aromaterapi jahe dalam pemenuhan kebutuhan rasa nyaman pada pasien kanker serviks yang mengalami *nausea* akibat kemoterapi di RS Onkologi Solo.

Metode: Studi kasus melibatkan dua pasien kanker serviks yang menjalani kemoterapi dan mengalami mual. Instrumen yang digunakan yaitu Standar Operasional Prosedur (SOP) pemberian aromaterapi jahe dan kuesioner *Index of Nausea, Vomiting and Retching* (INVR). Aromaterapi jahe diberikan secara inhalasi dengan meneteskan lima tetes minyak esensial jahe pada kapas, kemudian dihirup selama 10 menit. Intervensi diberikan sebanyak tiga kali selama periode pengelolaan kasus (3 × 7 jam).

Hasil: Penerapan aromaterapi jahe dapat menurunkan tingkat mual pada kedua pasien kanker serviks yang menjalani kemoterapi. Pada Ny. S skor INVR menurun dari kategori mual sedang (12) menjadi kategori mual ringan (2), sedangkan pada Ny. N skor INVR menurun dari kategori mual sedang (14) menjadi kategori mual ringan (4). Kedua pasien juga menunjukkan peningkatan kenyamanan dan perbaikan nafsu makan.

Kesimpulan: Penerapan aromaterapi jahe dapat membantu menurunkan tingkat mual serta meningkatkan kenyamanan pada pasien kanker serviks yang mengalami *nausea* akibat kemoterapi.

Kata Kunci: Kanker Serviks, Kemoterapi, *Nausea*, Aromaterapi Jahe, INVR.