

**THE APPLICATION OF LAVENDER AROMATHERAPY INHALATION
WITH DEEP BREATHING RELAXATION ON ANXIETY IN ELDERLY
PATIENTS BREAST CANCER IN THE WORKING AREA OF GAMPING II
PRIMARY HEALTH CENTER**

Trisna Nur Rusiani¹, Tri Prabowo², Tri Widyastuti Handayani³
Department of Nursing, Yogyakarta Ministry of Health Polytechnic
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email: trisnana29@gmail.com

ABSTRACT

Background: Breast cancer is a chronic disease that can cause psychological problems, such as anxiety, in older adults. Data from the Gamping II Primary Health Center show an increase in visits by older adults with breast cancer from 15 cases in 2024 to 20 cases during the January–November 2025 period. This situation highlights the need to address anxiety as part of nursing care. One non-pharmacological intervention that can be applied is a combination of lavender aromatherapy inhalation and deep breathing relaxation techniques, which provide a relaxing effect and thus help reduce anxiety levels.

Objective: To implement the use of lavender aromatherapy inhalation combined with deep breathing to address anxiety in older adults with breast cancer in the service area of the Gamping II Primary Health Center using a nursing care process approach

Methods: This scientific paper employs a descriptive method using a case study approach through the nursing process, which includes assessment, diagnosis, intervention, implementation, and evaluation of two elderly women with a history of breast cancer who were experiencing anxiety. Nursing care was provided for five consecutive days.

Results: After five days of intervention, the anxiety levels of both clients decreased from moderate to mild based on the Geriatric Anxiety Scale (GAS). Client 1's GAS score decreased from 26 to 15, while Client 2's decreased from 28 to 18.

Conclusion: The application of lavender aromatherapy inhalation with deep breathing relaxation is effective in reducing anxiety in elderly women with breast cancer

Keywords: anxiety, elderly women with breast cancer, lavender aromatherapy, deep breathing relaxation

¹Associate Degree in Nursing student at the Yogyakarta Ministry of Health Polytechnic

²³Lecturer in the Department of Nursing at the Yogyakarta Ministry of Health Polytechnic

**PENERAPAN AROMATERAPI LAVENDER DENGAN DEEP
BREATHING RELAXATION TERHADAP KECEMASAN LANSIA
KANKER PAYUDARA DI WILAYAH KERJA
PUSKESMAS GAMPING II**

Trisna Nur Rusiani¹, Tri Prabowo², Tri Widyastuti Handayani³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman, Yogyakarta, 55293
Email: trisanana29@gmail.com

ABSTRAK

Latar Belakang : Kanker payudara merupakan penyakit kronis yang dapat menimbulkan masalah psikologis berupa kecemasan pada lansia. Data Puskesmas Gamping II menunjukkan peningkatan kunjungan lansia dengan kanker payudara dari 15 kasus pada tahun 2024 menjadi 20 kasus pada periode Januari–November 2025. Kondisi tersebut menunjukkan perlunya penanganan kecemasan sebagai bagian dari asuhan keperawatan. Salah satu intervensi nonfarmakologis yang dapat diterapkan adalah kombinasi inhalasi aromaterapi lavender dan teknik *deep breathing relaxation* yang memberikan efek relaksasi sehingga membantu menurunkan tingkat kecemasan.

Tujuan : Menerapkan pemberian inhalasi aromaterapi lavender dengan *deep breathing* untuk mengatasi kecemasan pada lansia dengan kanker payudara di Wilayah Kerja Puskesmas Gamping II dengan pendekatan proses asuhan keperawatan

Metode : Karya tulis ilmiah ini menggunakan metode deskriptif dengan pendekatan studi kasus melalui proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi pada dua lansia dengan riwayat kanker payudara yang mengalami ansietas. Asuhan keperawatan diberikan selama lima hari berturut-turut.

Hasil : Setelah lima hari intervensi, tingkat ansietas kedua klien menurun dari kategori sedang menjadi ringan berdasarkan *Geriatric Anxiety Scale* (GAS). Skor GAS klien 1 menurun dari 26 menjadi 15, sedangkan klien 2 menurun dari 28 menjadi 18.

Kesimpulan : Penerapan inhalasi aromaterapi lavender dengan *deep breathing relaxation* efektif untuk menurunkan kecemasan pada lansia dengan kanker payudara

Kata Kunci : kecemasan, lansia kanker payudara, aromaterapi lavender, *deep breathing relaxation*

¹Mahasiswa D III Keperawatan Poltekkes Kemenkes Yogyakarta

²³Dosen Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta