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Riska Verdian Anggraeni

PENGARUH PEMBERIAN AROMATERAPI INHALASI LEMON TERHADAP *POST OPERATIVE NAUSEA VOMITUS* (PONV) PASCA OPERASI ANASTESI UMUM DI RSUD Dr. H. ABDUL MOELOEK PROVINSI LAMPUNG

xvii + 62 halaman, 4 gambar, 9 tabel, 11 lampiran

ABSTRAK

Angka kejadian pembedahan didunia sekitar 187-281 juta tindakan bedah dari 56 negara disetiap tahunnya dan yang mengalami PONV sebanyak 30% dari 100 juta lebih pasien. Di Indonesia tindakan pembedahan mencapai 1,2 juta jiwa dan di RSUD Dr. H. Abdul Moeloek tindakan pembedahan terdapat 17 operasi sedang, 452 operasi berat dan 743 operasi khusus. Kejadian PONV dapat terjadi karena adanya faktor jenis kelamin, usia dan jenis pembedahan. Penanganan PONV selain menggunakan terapi farmakologis dapat menggunakan terapi non farmakologis yaitu aromaterapi. Tujuan penelitian mengetahui pengaruh pemberian aromaterapi inhalasi lemon terhadap *Post Operative Nausea Vomitus* (PONV) pada pasien pasca anestesi umum. Desain penelitian Quasi Eksperimen dengan rancangan *Non Equivalent Control Group*. Penelitian dilaksanakan tanggal 16 Maret-15 April 2020. Responden berjumlah 32 responden. Uji statistik menggunakan uji *wilcoxon* dan *man-whitney*.

Hasil analisa univariat rata-rata skor PONV sebelum dan sesudah diberikan aromaterapi inhalasi lemon pada kelompok eksperimen 5.5 dan skor PONV pengukuran pertama dan kedua kelompok kontrol 4.31. Hasil analisa bivariat menggunakan uji *wilcoxon* dan *men- whitney* didapatkan perbedaan skor PONV sebelum dan sesudah diberikan aromaterapi hasil uji statistik p value $0.000 < \alpha$ (0.05) selisih rata-rata PONV pada kelompok eksperimen dan kelompok kontrol adalah 14.88 disimpulkan bahwa aromaterapi inhalasi lemon dapat menurunkan PONV. Hal ini menunjukkan bahwa aromaterapi inhalasi lemon dapat menurunkan PONV, saran bahwa aromaterapi inhalasi lemon dapat dijadikan pendamping saat dilakukannya terapi farmakologi.

Kata kunci: Aromaterapi Inhalasi Lemon, Pembedahan, PONV.

Daftar Pustaka: 34 (2008-2019)

**POLYTECHNIC OF HEALTH TANJUNGPUR
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Riska Verdian Anggraeni

**THE INFLUENCE OF LEMON INHALATION AROMATHERAPY ON
POST OPERATIVE NAUSEA VOMITUS (PONV) POST OPERATION
GENERAL ANASTESI IN RSUD Dr. H. ABDUL MOELOEK LAMPUNG
PROVINCE**

xvii + 62 pages, 4 figures, 9 tables, 11 enclosures

ABSTRACT

The incidence of surgery in the world around 187-281 million surgical procedures from 56 countries each year and who experience PONV as much as 30% of more than 100 million patients. In Indonesia surgery has reached 1.2 million and in Dr. H. Abdul Moeloek surgery, there were 17 moderate operations, 452 heavy operations and 743 special operations. PONV events can occur due to gender, age and type of surgery. PONV treatment besides using pharmacological therapy can use non-pharmacological therapy, namely aromatherapy. The purpose of this study was to determine the effect of lemon inhalation aromatherapy on Post Operative Nausea Vomitus (PONV) in post-general anesthesia patients. Quasi Experiment research design with Non Equivalent Control Group design. The study was conducted March 16-April 15, 2020. Respondents were 32 respondents. Statistical tests used Wilcoxon and Man-Whitney tests.

The results of univariate analysis of average PONV scores before and after lemon inhalation aromatherapy were given in the experimental group 5.5 and the PONV scores of the first and second measurements of the control group 4.31. The results of bivariate analysis using Wilcoxon test and Whitney obtained differences in PONV scores before and after aromatherapy given statistical test results p value $0,000 < \alpha (0.05)$ the average difference in PONV in the experimental and control groups was 14.88 concluded that aromatherapy inhalation of lemon can reduce PONV. This shows that lemon inhalation aromatherapy can reduce PONV, a suggestion that lemon inhalation aromatherapy can be used as a companion when doing pharmacological therapy.

Keywords: Lemon Inhalation Aromatherapy, Surgery, PONV

Bibliography: 34 (2008-2019)