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PERBEDAAN EFEKTIVITAS AROMATERAPI ROSE ESSENTAIL OIL DAN LAVENDER ESSENTAIL OIL TERHADAP KECEMASAN PASIEN PRE OPERASI DI RSUD H. ABDUL MOELOEK PROVINSI LAMPUNG TAHUN 2023

xiiiii + 55 halaman, 8 tabel, 3 gambar dan 22 lampiran

### ABSTRAK

Prosedur operasi bagi sebagian besar pasien mencetuskan perasaan cemas dan ketakutan. Sekitar 60-80 % pasien yang akan menjalani operasi mengalami kecemasan. Penelitian ini bertujuan untuk mengetahui perbedaan efektivitas aromaterapi *rose essential oil* dan *lavender essential oil* terhadap kecemasan pasien preoperasi di RSUD Dr. H. Abdul Moeloek Provinsi Lampung tahun 2023. Jenis penelitian ini adalah penelitian *quasy* eksperimen dengan desain *test of significance* (uji signifikansi). Penelitian ini dilaksanakan di RSUD Dr. H. Abdul Moeloek Provinsi Lampung pada bulan Maret-April 2023 di dua ruang rawat bedah yaitu ruang kutilang (bedah umum pria) dan ruang mawar (bedah umum wanita). Populasi yang diambil adalah semua pasien pre operatif dalam kurun waktu penelitian. Teknik sampling menggunakan metode *purposive sampling* dan besar sampel sebanyak 30 orang yang dibagi ke dalam 2 grup yakni grup yang diberikan intervensi aromaterapi *rose essential oil* dan grup yang diberikan aromaterapi *lavender essential oil*. Pengumpulan data dilakukan dengan survey menggunakan instrumen *Zung Self Anxiety Rating Scale* (ZSARS) sebelum dan sesudah perlakuan. Analisis Bivariat dilakukan menggunakan menggunakan uji statistic t-test dependent untuk mengukur tingkat kecemasan sebelum-sesudah diberikan aromaterapi *rose essential oil* dan *lavender essential oil* dengan hasil penelitian (*p-value* 0,000 ( $p < 0,05$ )) yang berarti ada perbedaan sebelum-sesudah diberikannya aromaterapi *rose essential oil* terhadap kecemasan pasien pre operasi. Tetapi secara statistic selisih aromaterapi *rose essential oil* dan *lavender essential oil* tidak ada perbedaan yang signifikan, dengan menggunakan uji statistik t-test independent dengan hasil penelitian (*p-value* 0,736 ( $p > 0,05$ )). Hasil penelitian menyimpulkan tidak ada perbedaan yang signifikan terhadap intervensi aromaterapi *rose essential oil* dan *lavender essential oil* terhadap kecemasan pasien preoperasi di RSUD Dr. H. Abdul Moeloek Provinsi Lampung tahun 2023.

Kata Kunci: Kecemasan, aromaterapi *rose*, aromaterapi *lavender*  
Daftar referensi : 44 (2010-2021)

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DIFFERENCES IN THE EFFECTIVENESS OF AROMATHERAPY ROSE  
ESSENTAIL OIL AND LAVENDER ESSENTAIL OIL ON THE ANXIETY OF  
PRE-OPERATING PATIENTS IN H. ABDUL MOELOEK HOSPITAL  
LAMPUNG PROVINCE 2023

xviii + 55 pages, 8 tables, 3 figures and 22 attachments

### ABSTRACT

Surgical procedures for most patients trigger feelings of anxiety and fear. Approximately 60-80% of patients who will undergo surgery experience anxiety. This study aims to determine the differences in the effectiveness of rose essential oil and lavender essential oil aromatherapy on the anxiety of preoperative patients at RSUD Dr. H. Abdul Moeloek Lampung Province in 2023. This type of research is a quasy experimental research with a test of significance design. This research was conducted at RSUD Dr. H. Abdul Moeloek Lampung Province in March-April 2023 in two surgical wards, namely the finches room (male general surgery) and the rose room (women general surgery). The population taken was all preoperative patients during the study period. The sampling technique used a purposive sampling method and a sample size of 30 people were divided into 2 groups, namely the group that was given rose essential oil aromatherapy intervention and the group that was given lavender essential oil aromatherapy. Data collection was carried out by survey using the Zung Self Anxiety Rating Scale (ZSARS) instrument before and after treatment. Bivariate analysis was carried out using a dependent t-test statistical test to measure the level of anxiety before and after being given rose essential oil and lavender essential oil aromatherapy with the results of the study (p-value 0.000 ( $p < 0.05$ ) which means there is a difference before-after being given rose essential oil aromatherapy on the anxiety of preoperative patients. But statistically there was no significant difference between rose essential oil and lavender essential oil aromatherapy, using an independent t-test statistical test with the results of the study (p-value 0.736 ( $p > 0.05$ )). The results of the study concluded that there was no significant difference in the aromatherapy intervention of rose essential oil and lavender essential oil on the anxiety of preoperative patients at Dr. H. Abdul Moeloek Hospital, Lampung Province in 2023.

Keywords: Anxiety, rose aromatherapy, aromatherapy lavender  
Reference list : 44 (2010-2021)