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ANALISIS TINGKAT NYERI PASIEN *POST SECTIO CAESAREA* DENGAN
INTERVENSI AROMATERAPI PEPPERMINT

DI RS BHAYANGKARA POLDA LAMPUNG TAHUN 2024.

xiv+ 68 halaman, 3 Tabel, 1 Gambar, 5 Lampiran

ABSTRAK

Kejadian *sectio cesarea* atau c-section terus meningkat secara global, saat ini terhitung lebih dari 21% semua persalinan melalui *sectio caesarea* dan akan terus meningkat sampai dengan 29% pada tahun 2030. Hasil pre survey di ruang operasi RS Bhayangkara Polda Lampung yang dilakukan oleh penulis pada bulan Januari-April tahun 2024, terdapat jumlah persalinan *sectio caesarea* sebanyak 159 orang, proporsi penyebab plasenta previa sebanyak 11 kasus (6,91%), letak sungsang sebanyak 19 kasus (11,94%), KPD sebanyak 49 kasus (30,81%), CPD 13 kasus (8,17%), Riwayat *sectio caesarea* sebanyak 22 kasus (13,83%), PEB sebanyak 21 kasus (13,20%), partus lama sebanyak 24 kasus (15,09%) dan rata-rata mengalami nyeri *post sectio caesarea*. Nyeri *post sectio caesarea* menimbulkan berbagai dampak serius bagi ibu dan bayi seperti tertunda dan terbatasnya mobilisasi dini, gangguan bonding attachment, berkurangnya nutrisi bayi akibat ketidaknyamanan pemberian ASI, serta penurunan kualitas. Selain efek negatif secara fisik bagi ibu, secara psikologis tindakan *sectio caesarea* juga berdampak pada rasa cemas karena menurunnya kualitas tidursehingga ibu menjadi stres jika dilakukan pembedahan kembali. Tujuan penelitian ini untuk menganalisis tingkat nyeri pasien *post sectio caesarea* dengan intervensi aromaterapi *peppermint*. Pengambilan data dilakukan pada tanggal 7-10 Mei 2024. Di Rumah Sakit Bhayangkara Polda Lampung. Desain penelitian studi kasus dengan 1 pasien sampel penelitian pada pasien *post sectio caesarea*. Skala nyeri diukur dengan menggunakan *numeric rating scale*. Pasien diberikan intervensi 1 x sehari dengan aromaterapi *peppermint* selama 30 menit. Dari hasil penelitian ini didapatkan bahwa pemberian intervensi aromaterapi *peppermint* lebih memberikan hasil yang maksimal dalam menurunkan skala nyeri. Hal ini dibuktikan dengan menurunnya skala nyeri setelah diberikan intervensi pada pasien hari pertama dengan skala nyeri 5 kemudian setelah dilakukan aromaterapi *peppermint* pada hari ke 4 skala nyeri menurun menjadi 1. Peneliti menyarankan kepada perawat RS Bhayangkara agar dapat menggunakan aromaterapi *peppermint* sebagai salah satu alternatif pendamping terapi farmakologi untuk menurunkan nyeri pada pasien *post sectio caesarea* karena tidak memerlukan biaya yang mahal dan mudah dilakukan.

Kata Kunci : Aromaterapi *Peppermint*, *Post Sectio Caesarea*

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**TANJUNGPURBA HEALTH POLYTECHNIC MAJOR OF NURSING
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**ANALYSIS OF PAIN LEVELS OF POST CAESAREAN SECTION PATIENTS
WITH PEPPERMINT AROMATHERAPY INTERVENTION AT
BHAYANGKARA HOSPITAL POLDA LAMPUNG IN 2024.**

xiv+ 68 pages, 3 Tables, 1 Figures, 5 Appendices

ABSTRACT

The incidence of caesarean sections or c-sections continues to increase globally, currently accounting for more than 21% of all deliveries via caesarean section and will continue to increase to 29% in 2030. Results of a pre-survey in the operating room of Bhayangkara Regional Police Hospital in Lampung conducted by the author in January-April 2024, there were 159 caesarean section deliveries, the proportion of causes of placenta previa was 11 cases (6.91%), breech position was 19 cases (11.94%), PROM was 49 cases (30, 81%), CPD 13 cases (8.17%), history of caesarean section 22 cases (13.83%), PEB 21 cases (13.20%), prolonged labor 24 cases (15.09%) and On average, they experience pain after caesarean section. Post caesarean section pain causes various serious impacts for the mother and baby, such as delayed and limited early mobilization, impaired attachment bonding, reduced nutrition for the baby due to the discomfort of breastfeeding, and decreased quality. Apart from the negative physical effects on the mother, psychologically the caesarean section also has an impact on feelings of anxiety because the quality of sleep decreases so that the mother becomes stressed if the operation is carried out again. The aim of this study was to analyze the pain level of post-caesarean section patients with peppermint aromatherapy intervention. Data collection was carried out on 7-10 May 2024. At the Bhayangkara Hospital, Lampung Regional Police. Case study research design with 1 research sample patient in post caesarean section patients. The pain scale is measured using a numerical rating scale. Patients were given intervention once a day with peppermint aromatherapy for 30 minutes. From the results of this study, it was found that providing peppermint aromatherapy intervention provided maximum results in reducing the pain scale. This is evidenced by the decrease in the pain scale after the intervention was given to the patient on the first day with a pain scale of 5, then after peppermint aromatherapy was carried out on the 4th day, the pain scale decreased to 1. Researchers suggested to Bhayangkara Hospital nurses to use peppermint aromatherapy as an alternative companion to therapy. pharmacology to reduce pain in post caesarean section patients because it does not require expensive costs and is easy to do.

Kata Kunci

: Aromaterapi Peppermint, Post Sectio Caesarea

Daftar Bacaan

: 46 (2009-2023).