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JURUSAN KEPERAWATAN PROGRAM STUDI
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**PENGARUH PEMBERIAN AROMATERAPI *PEPPERMINT* TERHADAP
MUAL MUNTAH PASIEN POST ANESTESI SPINAL DI RSUD JEND
AHMAD YANI METRO PROVINSI LAMPUNG TAHUN 2024**

(xvi + 71 halaman, 11 tabel, 2 gambar, 9 lampiran)

ABSTRAK

Sekitar 10% pasien bedah akan mengalami PONV saat dirawat diPACU, dan 30% pasien bedah akan mengalami PONV pada 24 jam pertama. Mual muntah merupakan komplikasi yang sering terjadi akibat spinal anestesi, dengan angka kejadian 20-40 %. Mual dan muntah pasca operasi dapat menyebabkan angka kesakitan mencakup dehidrasi, ketidakseimbangan elektrolit, tegangan jahitan, pendarahan, hipertensi pembuluh darah, ruptur esophagus dan permasalahan jalan nafas. Pengaruh pemberian aromaterapi *peppermint* terhadap mual muntah pasien post anestesi spinal di RSUD Jend Ahmad Yani Metro Provinsi Lampung tahun 2024. Metode penelitian eksperimen semu (*quasy pre eksperimen*) dengan rancangan *non-equivalent* control group design. Jumlah sampel 48 responden, waktu penelitian Februari – Maret 2024. Uji statistik yang digunakan adalah uji *t-independent*. Hasil penelitian menunjukkan pada kelompok intervensi yang diberikan intervensi dengan rata-rata 1,125 dengan nilai standar deviasi 0,151. kelompok kontrol dengan rata-rata 0,167 dengan standar deviasi 0,078. Sehingga hasil analisis menggunakan uji *t-independent* didapatkan *p value* 0,000 ($p < 0.05$) yang artinya terdapat Pengaruh pemberian aromaterapi *peppermint* terhadap mual muntah pasien post anestesi spinal di RSUD Jend Ahmad Yani Metro Provinsi Lampung tahun 2024. Diharapkan penelitian ini dapat menjadi masukan bagi instansi terkait khususnya bagi perawat untuk dapat menerapkan teknik non farmakologi sebagai tindakan pendamping farmakologi salah satunya pemberian aroma terapi *peppermint* sebagai pereda mual muntah pada pasien post operasi.

Kata kunci : Aroma Terapi *Peppermint*, Spinal Anastes, Mual Muntah
Daftar pustaka : 38 (2014 s.d 2022)

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**THE EFFECT OF GIVING PEPPERMINT AROMATHERAPY ON
NAUSEA, VOMITING, POST SPINAL ANESTHESIA PATIENTS AT
JEND AHMAD YANI METRO HOSPITAL, LAMPUNG PROVINCE, 2024**

(xvi + 71 pages, 11 tables, 2 figures, 9 attachments)

ABSTRACT

Approximately 10% of surgical patients will experience PONV while admitted to the PACU, and 30% of surgical patients will experience PONV in the first 24 hours. Nausea, vomiting is a complication that often occurs due to spinal anesthesia, with an incidence rate of 20-40%. Postoperative nausea and vomiting can cause morbidity including dehydration, electrolyte imbalance, suture tension, bleeding, vascular hypertension, esophageal rupture and airway problems. The effect of administering peppermint aromatherapy on nausea and vomiting in post-spinal anesthesia patients at Jend Ahmad Yani Metro General Hospital, Lampung Province in 2024. Quasi-experimental research method with a non-equivalent control group design. The total sample was 48 respondents, research time February – March 2024. The statistical test used was the T-independent test. The research results showed that the intervention group received intervention with an average of 1.125 with a standard deviation value of 0.151. control group with an average of 0.167 with a standard deviation of 0.078. So the results of the analysis using the independent t-test showed a p value of 0.000 ($p < 0.05$), which means that there was an effect of giving peppermint aromatherapy on nausea and vomiting in post-spinal anesthesia patients at Jend Ahmad Yani Metro Hospital, Lampung Province in 2024. It is hoped that this research can provide input for related agencies, especially for nurses, to further improve and apply non-pharmacological techniques as accompanying pharmacological measures, one of which is providing peppermint aroma therapy to relieve nausea and vomiting in post-operative patients.

Keywords: Peppermint aroma therapy, spinal anesthesia, nausea and vomiting

Bibliography: 38 (2014 to 2022)