

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG  
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO  
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Pengaruh Aromaterapi Lavender Terhadap Pengurangan Mual Muntah Pada Ibu Hamil Trimester 1 di TPMB Nurhayati, S.St Jatimulyo Lampung Selatan

xvii + 36 halaman + 7 tabel + 2 gambar + 16 lampiran

**ABSTRAK**

Mual muntah pada ibu hamil adalah suatu keadaan yang terkadang disertai muntah (frekuensi  $\leq 5$  kali). Selama kehamilan, 70-85% wanita mengalami mual muntah. Apabila mual muntah tidak ditangani menyebabkan penurunan berat badan, gangguan nutrisi, ketidak seimbangan elektrolit, dehidrasi sampai mengganggu aktifitas sehari-hari. Serta bisa menyebabkan gangguan pada pertumbuhan janin, BBLR hingga cacat bawaan. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh pemberian aromaterapi lavender untuk mengurangi mual muntah pada ibu hamil trimester 1.

Jenis penelitian yang digunakan adalah kuantitatif dengan metode penelitian pre eksperimental *one group pretest posttest*, populasi penelitian ini adalah jumlah seluruh ibu hamil trimester I yang mengalami mual muntah di TPMB Nurhayati sebanyak 23 responden. Teknik pengambilan sampel menggunakan accidental sampling. Pengambilan data menggunakan kuesioner. Analisis univariat menggunakan nilai rata-rata (mean) dan analisis bivariat menggunakan *uji wilcoxon*

Hasil analisis univariat dari 23 responden didapatkan skor rata-rata mual muntah pada ibu hamil trimester 1 sebelum dilakukan intervensi aromaterapi lavender yaitu 2,78 dan setelah dilakukan intervensi aromaterapi lavender 1,22 dengan selisih skor yaitu 1,56. Hasil uji Wilcoxon didapatkan hasil *p-value* = .000 (<0,05)

Kesimpulan dari penelitian ini adalah ada pengaruh pemberian aromaterapi lavender terhadap pengurangan mual muntah pada ibu hamil trimester 1. Peneliti menyarankan ibu hamil trimester 1 menggunakan aromaterapi lavender sebagai terapi untuk mengurangi mual muntah.

Kata Kunci : ibu hamil trimester 1, mual muntah, aromaterapi lavender

Kepustakaan : 18 (2013-2023)

**HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH TANJUNG  
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Effect of Lavender Aromatherapy on Reducing Nausea and Vomiting in Pregnant Women in the 1st Trimester at TPMB Nurhayati, S.St Jatimulyo, South Lampung

xvii + 36 pages + 7 tables + 2 figures + 16 appendices

**ABSTRACT**

Nausea and vomiting in pregnant women is a condition that is sometimes accompanied by vomiting (frequency  $\leq 5$  times). During pregnancy, 70-85% of women experience nausea and vomiting. If nausea and vomiting are not treated, it causes weight loss, nutritional disorders, electrolyte imbalances, dehydration, and interferes with daily activities. And it can cause disturbances in fetal growth, BBLR to congenital defects. The purpose of this study is to determine the effect of lavender aromatherapy to reduce nausea and vomiting in pregnant women in the 1st trimester.

The type of research used is quantitative with a pre-experimental research method of *one group pretest posttest*, the population of this study is the total number of pregnant women in the first trimester who experience nausea and vomiting at TPMB Nurhayati as many as 23 respondents. The sampling technique uses accidental sampling. Data collection using questionnaires. Univariate analysis using mean values and bivariate analysis using *wilcoxon test*

The results of univariate analysis from 23 respondents obtained an average score of nausea and vomiting in pregnant women in the 1st trimester before lavender aromatherapy intervention which was 2.78 and after lavender aromatherapy intervention was 1.22 with a score difference of 1.56. The results of the Wilcoxon test obtained a *p-value* = .000 ( $<0.05$ )

The conclusion of this research is that there is an effect of giving lavender aromatherapy on reducing nausea and vomiting in pregnant women in the first trimester. Researchers recommend that pregnant women in the first trimester use lavender aromatherapy as a therapy to reduce nausea and vomiting.

Keywords : pregnant women in the 1st trimester, nausea and vomiting,  
lavender aromatherapy  
Literature : 18 (2013-2023)