

**POLITEKNIK KESEHATAN TANJUNGPURUN  
JURUSAN KEPERAWATAN**

**SKRIPSI, JULI 2021**

Dwi Dewi Masitoh

**Pengaruh Aromaterapi *Chamomile* dan *Effleurage Massage* Terhadap Penurunan Skala Nyeri Ibu Post Operasi *Sectio Caesarea* di Rumah Sakit Tipe C Provinsi Lampung Tahun 2021**

Xviii+65 halaman, 6 gambar, 9 tabel, 10 lampiran

**ABSTRAK**

Salah satu keluhan yang paling sering dirasakan oleh ibu setelah operasi *sectio caesarea* adalah nyeri. Persalinan *sectio caesarea* memiliki nyeri lebih tinggi yaitu berkisar 27,3% dibandingkan dengan persalinan normal yang hanya sekitar 9%. Aromaterapi *chamomile* dan *effleurage massage* merupakan salah satu teknik yang dapat memberikan efek distraksi dan relaksasi bagi tubuh, sehingga dapat membantu ibu menjadi lebih relaks, memberikan perasaan nyaman, dan dapat mengurangi nyeri yang dirasakan ibu. Tujuan dari penelitian ini mengetahui pengaruh aromaterapi *chamomile* dan *effleurage massage* terhadap penurunan skala nyeri ibu post operasi *sectio caesarea* di Rumah Sakit Tipe C Provinsi Lampung.

Desain penelitian yang digunakan adalah *quasi-experiment* dengan rancangan *pretest-posttest non equivalent control group design* menggunakan teknik *accidental sampling*. Jumlah sampel sebanyak 64 responden. Analisis data yang digunakan adalah analisis *univariat* dan analisis *bivariat* menggunakan uji *Wilcoxon Signed Rank Test* dan uji *Mann-Whitney*.

Hasil uji non-parametrik dengan menggunakan uji *Mann-Whitney* didapatkan nilai  $p\text{-value}=(0.000) < \alpha (0.05)$  yang artinya adanya perbedaan skala nyeri pada kelompok eksperimen dan kelompok kontrol. Nilai *sum of ranks* pada kelompok intervensi lebih besar daripada kelompok kontrol yaitu 132.003 pada kelompok intervensi dan 757.00 pada kelompok kontrol, maka dapat disimpulkan ada pengaruh aromaterapi *chamomile* dan *effleurage massage* terhadap penurunan skala nyeri ibu post operasi *sectio caesarea* di Rumah Sakit Tipe C Provinsi Lampung 2021. Peneliti menyarankan agar perawat maupun bidan dalam mengatasi nyeri tidak hanya dengan menggunakan terapi farmakologi saja namun bisa didampingi dengan kombinasi terapi nonfarmakologi yaitu aromaterapi *chamomile* dan *effleurage massage*.

**Kata kunci** : Nyeri *Sectio Caesarea*, Aromaterapi, *Massage*

**Pustaka** : 46 (2007-2020)

TANJUNGPOLYTECHNIC OF HEALTH  
TANJUNGPOLYTECHNIC SCHOOL OF NURSING  
4<sup>th</sup> DIPLOMA OF NURSING

Script, July 2021

Dwi Dewi Masitoh

***The Effect of Chamomile Aromatherapy and Effleurage Massage on Decreasing Pain Scale In Post Sectio Caesarea at Type C Hospital Lampung Province in 2021***

Xviii+65 pages, 6 pictures, 9 tables, 10 attachments

**ABSTRACT**

*One of the complaints that are most often felt by mothers after Sectio Caesarea is pain. Sectio Caesarea delivery has higher pain, which is around 27.3% compared to normal delivery which is only around 9%. Chamomile aromatherapy and effleurage massage are techniques that can provide a distraction and relaxation effect for the body to help mothers become more relaxed, provide a comfortable feeling, and reduce the pain felt by mothers. The purpose of this study was to determine the effect of chamomile aromatherapy and effleurage massage on decreasing pain scale after section Caesarea in Type C Hospital, Lampung Province in 2021.*

*The research design used was a quasi-experimental research design with pretest-posttest non-equivalent control group design using an accidental sampling technique. The number of samples as many as 64 respondents. Data analysis used is univariate analysis and bivariate analysis using Wilcoxon Signed Rank Test and Mann-Whitney test.*

*The results of the non-parametric test using the Mann-Whitney test obtained  $p\text{-value} = (0.000) < \alpha (0.05)$  so it can be concluded that there is a difference in pain scale in the experimental group and the control group. The sum of ranks in the intervention group is greater than the control group, namely 132,003 in the intervention group and 757.00 in the control group, so it can be concluded that there is an effect of chamomile aromatherapy and effleurage massage on reducing maternal pain scale after Sectio Caesarea at Type C Hospital Lampung Province 2021. Researchers suggest that nurses and midwives in overcoming pain not only use pharmacological therapy but can be accompanied by a combination of non-pharmacological therapies, namely chamomile aromatherapy and effleurage massage*

***Keywords : Sectio Caesarea Pain, aromatherapy, massage***

***References: 46 (2007-2020)***