

**POLITEKNIK KESEHATAN TANJUNGPURUNING
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**PERBEDAAN PENGARUH AROMATERAPI LAVENDER TERHADAP
PENURUNAN TINGKAT NYERI PADA PASIEN PRIA DAN WANITA
POST OPERASI LAPARATOMI DI RSUD DR. H. ABDUL MOELOEK
TAHUN 2023.**

xviii+ 70 halaman, 7 tabel, 4 gambar, 8 Lampiran

ABSTRAK

Di Indonesia pada tahun 2018, Laparatomi menempati peringkat ke 5, tercatat jumlah keseluruhan tindakan operasi terdapat 1,2 juta jiwa, dan diperkirakan 42% diantaranya merupakan tindakan pembedahan laparatomi (Kemenkes RI, 2018). Pasca pembedahan laparatomi pasien merasakan nyeri hebat. Selain nyeri ada komplikasi lain pasien post laparatomi adalah perdarahan, bahkan kematian. Penatalaksanaan nyeri dilakukan dengan teknik farmakologi dan non farmakologi. Pada pasien yang mengalami nyeri ringan sampai dengan berat untuk penanganannya dapat dilakukan dengan teknik non farmakologi. Tindakan non farmakologi diantaranya aromaterapi menggunakan aromaterapi lavender, bertujuan mengetahui perbedaan pengaruh aromaterapi lavender pada pasien pria dan wanita terhadap tingkat nyeri pasien post operasi laparatomi. Jenis penelitian kuantitatif desain *quasi exsperiment* dengan pendekatan desain *one group pre-test post-test design*. Teknik pengambilan sampel dengan menggunakan teknik *accidental sampling* sebanyak 46 responden. Pengumpulan data menggunakan pengukuran *Visual Analoga Scale* (VAS). Data yang diperoleh peneliti, terdapat perbedaan nyeri pria dan wanita. Dengan 46 responden di dapatkan hasil rata-rata sebelum diberikan aromaterapi nyeri pria 5,87 dan wanita 4,91 kemudian sesudah diberikan aromaterapi di dapatkan rata-rata nyeri pria 4,83 dan wanita 3,87. Uji statistik *mann whitney*. Terdapat perbedaan tingkat nyeri pada pasien post operasi laparatomi sebelum dan sesudah diberikan aromaterapi lavender p-value 0.000.

Kata Kunci : Aromaterapi lavender, Pria dan wanita, Nyeri, Post operasi laparatomi
Daftar Bacaan : 37 (2014 – 2022)

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**DIFFERENCES IN THE EFFECT OF LAVENDER AROMATHERAPY
ON REDUCING PAIN LEVELS IN MALE AND FEMALE PATIENTS
AFTER LAPAROTOMY OPERATIONS AT DR. H. ABDUL MOELOEK
YEAR 2023.**

xviii+ 70 pages, 7 tables, 4 figures, 8 attachments

ABSTRACT

In Indonesia in 2018, Laparotomy was ranked 5th, the total number of operations recorded was 1.2 million people, and an estimated 42% of them were laparotomy surgeries (RI Ministry of Health, 2018). After the laparotomy surgery the patient felt severe pain. Apart from pain, there are other complications in post-laparotomy patients, namely bleeding, and even death. Pain management is carried out using pharmacological and non-pharmacological techniques. In patients who experience mild pain, treatment can be carried out using non-pharmacological techniques. Non-pharmacological measures include aromatherapy using lavender aromatherapy, aiming to determine differences in the effect of lavender aromatherapy in male and female patients on the pain level of post-laparotomy patients. This type of quantitative research is a quasi-experimental design with a one group pre-test post-test design approach. The sampling technique used accidental sampling technique as many as 46 respondents. Data collection uses Visual Analog Scale (VAS) measurements. The data obtained by researchers, there are differences in male and female pain. With 46 respondents, the average result before being given aromatherapy was 5.87 for men and 4.91 for women, then after being given aromatherapy, the average pain for men was 4.83 and 3.87 for women. Mann whitney statistical test. There were differences in the level of pain in postoperative laparotomy patients before and after being given lavender aromatherapy p-value 0.000.

Keywords: Lavender aromatherapy, Men and women, Pain, Post laparotomy surgery

Reading List : 37 (2014 – 2022)