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**PENGARUH TERAPI KOMPRES HANGAT DAN AROMATERAPI
LAVENDER TERHADAP NYERI PADA PASIEN POST OPERASI
SECTIO CAESAREA**

**DI RSUD DR. H. ABDUL MOELOEK PROVINSI LAMPUNG TAHUN
2023**

(iii + 59 halaman, 7 tabel, dan 6 gambar)

ABSTRAK

Nyeri yang dirasakan pasien pada saat post operasi sectio caesarea dapat diberikan tindakan farmakologi yaitu menggunakan obat dan non farmakologi yaitu dengan diberikan intervensi salah satunya dengan terapi kompres hangat dan aromaterapi lavender. Penelitian bertujuan mengetahui pengaruh terapi kompres hangat dan aromaterapi lavender terhadap nyeri pada pasien post operasi sectio caesarea di RSUD Dr. H. Abdul Moeloek Tahun 2023. Desain penelitian *Quasi Eksperimen* dengan rancangan penelitian *Non Equivalent Control Group Design*. Responden 60 orang meliputi 30 responden kelompok eksperimen dan 30 responden kelompok kontrol. Penilaian tingkat nyeri menggunakan kuesioner *Numeric Rating Scale*. Uji statistika menggunakan uji *T- Test*. Hasil penelitian didapatkan tingkat nyeri pada kelompok eksperimen sebelum dilakukan intervensi 6,27, rata-rata tingkat nyeri sesudah diberikan intervensi 4,87. Sedangkan tingkat nyeri pada kelompok kontrol sebelum 6,27, rata-rata tingkat nyeri sesudah 5,50. Uji statistik didapatkan hasil $p\text{-value} = 0,001 < \alpha (< 0,05)$, maka dapat disimpulkan bahwa H_0 diterima. Peneliti menyarankan perawat dalam mengatasi nyeri pasien post operasi sectio caesarea dapat menggunakan Terapi kompres hangat dan aromaterapi lavender sebagai terapi non farmakologi.

Kata kunci : Terapi Kompres Hangat, Aromaterapi Lavender, Nyeri, Sectio Caesarea

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THE EFFECT OF WARM COMPRESS THERAPY AND LAVENDER AROMATHERAPY ON PAIN IN PATIENTS POST CAESAREA SECTIO OPERATION

AT DR. H. ABDUL MOELOEK LAMPUNG PROVINCE IN 2023

(iii + 59 pages, 7 tables and 6 figures)

ABSTRACT

The pain felt by the patient at the time of postoperative sectionio caesarea can be given pharmacological measures, namely the use of drugs and non-pharmacological interventions, one of which is warm compress therapy and lavender aromatherapy. The study found out the purpose of the effect of warm compress therapy and lavender aromatherapy on pain in post-section caesarean section patients at Dr. H. Abdul Moeloek in 2023. Quasi-experimental research design with a Non Equivalent Control Group Design research plan. The 60 respondents included 30 experimental group respondents and 30 control group respondents. Pain level assessment uses the Numeric Rating Scale questionnaire. Statistical tests use the T-Test. The results showed that the pain level in the experimental group before the intervention was 6.27, the average pain level after the intervention was 4.87. While the pain level in the control group before was 6.27, the average pain level after was 5.50. The statistical test results obtained p-value = 0.001 α (<0.05), so it can be concluded that H_a is accepted. Researchers suggest that nurses in dealing with postoperative section caesarea patient pain can use warm compress therapy and lavender aromatherapy as non-pharmacological therapy.

Keywords: Warm Compress Therapy, Lavender Aromatherapy, Pain, Sectio Caesarea