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**POLITEKNIK KESEHATAN KEMENKES TANJUNGPINANG
PROGRAM STUDI D III KEBIDANAN TANJUNGPINANG
Laporan Tugas Akhir, Mei 2025**

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Penerapan Aromaterapi lavender terhadap Nyeri Pada Persalinan Kala 1 Fase Aktif terhadap Ny. S di TPMB Emalia, SKM Lampung Selatan. 2025

Xvi +49 Halaman + 4 tabel + 1 Gambar + 7 lampiran

RINGKASAN

Persalinan adalah proses fisiologis yang melibatkan pembukaan leher rahim dan keluarnya bayi serta plasenta dari rahim setelah masa inkubasi 37-42 minggu. Meskipun persalinan merupakan momen yang dinantikan, nyeri persalinan tetap menjadi masalah signifikan, dengan 90% ibu di Indonesia melaporkan mengalami nyeri hebat. Data dari World Health Organization (WHO) menunjukkan bahwa 99% kematian ibu terjadi di negara berkembang, dengan 50% di Indonesia dan Mesir.

Tujuan : Tujuan studi kasus ialah pemberian asuhan kebidanan pada Ny. S dengan menerapkan Teknik Aromaterapi lavender untuk mengurangi nyeri persalinan kala I fase aktif di TPMB Emalia, SKM

Metode : Metode yang digunakan adalah studi kasus dengan menggunakan 7 langkah varney dan Asuhan persalinan dengan penerapan pemberian Aromaterapi lavender untuk meredakan nyeri pada persalinan kala I fase aktif. Asuhan kebidanan ditunjukkan kepada Ny. S 25 tahun G1P0A0 hamil 39 minggu 4 hari inpartu kala I fase aktif. Lokasi pengkajian data dilakukan di TPMB Emalia, SKM Lampung Selatan dan Pendokumentasian dilakukan menggunakan SOAP.

Hasil observasi: Berdasarkan hasil observasi, pemberian Aromaterapi lavender efektif untuk mengurangi nyeri persalinan pada ibu bersalin kala I fase aktif. Dapat disimpulkan setelah pemberian aromaterapi mawar nyeri pada ibu menurun. Sebelum diberikan Aromaterapi lavender pengukuran skala nyeri 8 nyeri berat terkontrol, setelah diberikan aromaterapi lavender didapatkan skala nyeri ibu di angka 4 nyeri sedang. Atas dasar tersebut penulis menyarankan kepada tenaga kesehatan khususnya bidan agar pemberian Aromaterapi lavender dapat dimanfaatkan dalam membantu mengurangi rasa nyeri pada persalinan kala 1 fase aktif.

**Kata Kunci: Nyeri Persalinan, Aromaterapi lavender
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**POLYTECHNIC OF HEALTH, MINISTRY OF HEALTH
TANJUNGKARANG DIPLOMA III MIDWIFERY STUDY PROGRAM
TANJUNGKARANG
Final Project Report, May 2025**

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Application of Lavender Aromatherapy on Labor Pain During the Active Phase of the First Stage of Labor in Mrs. S at TPMB Emalia, SKM South Lampung, 2025
Xvi + 49 Pages + 5 Tables + 1 Figure + 7 Appendices

ABSTRACT

Labor is a physiological process that involves the opening of the cervix and the exit of the baby and placenta from the uterus after an incubation period of 37-42 weeks. Although labor is a much-anticipated moment, labor pain remains a significant issue, with 90% of mothers in Indonesia reporting severe pain. Data from the World Health Organization (WHO) indicates that 99% of maternal deaths occur in developing countries, with 50% in Indonesia and Egypt.

The objective of this case study is to provide midwifery care to Mrs. S by applying Rose Aromatherapy techniques to reduce labor pain during the active phase of the first stage of labor at TPMB Emalia, SKM. The method used is a case study employing the 7 steps of Varney and labor care with the application of lavender aromatherapy to alleviate pain during the active phase of the first stage of labor. Midwifery care was provided to Mrs. S, a 25-year-old G1P0A0, who was 39 weeks and 4 days pregnant and in active labor during the first stage. The data collection location was at TPMB Emalia, SKM in South Lampung, and documentation was performed using the SOAP method.

Based on the observation results, the administration of lavender aromatherapy was effective in reducing labor pain in mothers during the active phase of the first stage of labor. It can be concluded that after the administration of rose aromatherapy, the pain in the mother decreased. Before the administration of lavender aromatherapy, the pain scale measurement was 8 (severe pain), and after the administration of lavender aromatherapy, the pain scale for the mother was recorded at 4 (moderate pain). Based on this, the author recommends that healthcare providers, especially midwives, utilize lavender aromatherapy to help reduce pain during the active phase of the first stage of labor.

Keywords: Labor Pain, Lavender Aromatherapy
References: 26 (2020–2023)