

PENGARUH AROMATERAPI *LAVENDER* TERHADAP PENGURANGAN NYERI PERSALINAN KALA I FASE AKTIF PADA IBU BERSALIN DI TPMB “S” KOTA BANDUNG TAHUN 2024

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ABSTRAK

Persalinan merupakan suatu proses yang alamiah. Secara fisiologis pada ibu bersalin akan terjadi kontraksi yang menyebabkan penipisan dan pembukaan serviks. Pada persalinan normal terdapat nyeri yang hilang timbul. Serangan nyeri mulai terasa ketika kontraksi mencapai puncaknya dan menghilang setelah uterus mengadakan relaksasi. Tujuan Penelitian : Untuk mengetahui adanya pengaruh aromaterapi *lavender* terhadap pengurangan nyeri persalinan kala I fase aktif pada ibu bersalin di TPMB “S” Kota Bandung. Metode Penelitian : *Quasi eksperimen* dengan rancangan *one group pre test-post test design*. Sampel 30 responden dengan teknik *total sampling*. Instrumen penelitian menggunakan *NRS*. Analisis data menggunakan uji *Wilcoxon*. Hasil penelitian : Intensitas nyeri sebelum intervensi aromaterapi *lavender* nilai median 7. Intensitas nyeri sesudah intervensi aromaterapi *lavender* nilai median 5. Berdasarkan uji *Wilcoxon* nilai *Z* sebesar -4,861 dan nilai *p-value* < 0,000 lebih kecil dari 0,05, maka disimpulkan terdapat pengaruh yang signifikan nyeri persalinan sebelum dan sesudah diberikan aromaterapi *lavender* dengan demikian H_1 diterima.

Kata Kunci : Aromaterapi *lavender*, nyeri persalinan kala I

**THE EFFECT OF LAVENDER AROMATHERAPY ON REDUCING LABOR PAIN IN
THE 1ST ACTIVE PHASE IN PARTICULAR WOMEN AT TPMB "S" BANDUNG
CITY IN 2024**

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ABSTRACT

Childbirth is a natural process. Physiologically, contractions will occur in a birthing mother which causes the cervix to thin and open. In normal labor, there is pain that comes and goes. Pain attacks begin to be felt when the contractions reach their peak and disappear after the uterus relaxes. Research purposes : To determine the effect of lavender aromatherapy on reducing labor pain in the first active phase of labor in mothers giving birth at TPMB "S" Bandung City. Research methods : Quation of the experiment with a plan one group pre-test post-test design. Sample of 30 respondents with techniques total sampling. The research instrument uses NRS. Data analysis using tests Wilcoxon. Research result : The median value of pain intensity before lavender aromatherapy intervention was 7. The median value of pain intensity after lavender aromatherapy intervention was 5. Based on the test Wilcoxon mark with Z of -4.861 and value p-value < 0.000 is smaller than 0.05, so it is concluded that there is a significant effect on labor pain before and after being given lavender aromatherapy, thus accepted.

Keywords : *Aromatherapy lavender, labor pain stage I*