

INTISARI

Latar belakang: Perawatan pasien di ruang *Intensive Care Unit* (ICU) menjadi salah satu stresor terjadinya peningkatan stres pada keluarga karena adanya perubahan peran keluarga, biaya perawatan, kondisi pasien dan hal lainnya. Terapi komplementer seperti pemberian aromaterapi lavender, *hand massage* atau kombinasi keduanya bisa menjadi strategi dalam menurunkan stres.

Tujuan: Mengetahui keefektifan tiga metode intervensi antara metode pemberian aromaterapi lavender metode oles, *hand massage* non lavender dan kombinasi keduanya (aromaterapi lavender dan *hand massage*) terhadap penurunan stres pada keluarga pasien yang dirawat di ruang ICU.

Metode: Jenis penelitian *quasi experimental* dengan rancangan *comparison group pretest and post-test design* pada tiga kelompok intervensi. Penelitian ini dilakukan di ruang ICU RS Panti Rapih Yogyakarta. Sejumlah 49 responden dibagi menjadi tiga kelompok intervensi menggunakan teknik *consecutive sampling*. Instrumen penelitian menggunakan *Perceived Stress Scale 10* (PSS-10). Analisis bivariat menggunakan uji *Kruskall Wallis*, *Wilcoxon Test*, dan *Unpaired ANOVA*.

Hasil: Terdapat perbedaan skor *pretest* dan *posttest* yang signifikan pada kelompok yang diberikan aromaterapi lavender metode oles ($p=0,002$) dengan *effect size* 0,71, pada kelompok yang dilakukan *hand massage* non aromaterapi ($p<0,001$) dengan *effect size* 1,85 dan kelompok *hand massage* dengan aromaterapi lavender ($p=0,003$) dengan *effect size* 0,78. Hasil uji ANOVA dari ketiganya didapatkan *p value* sebesar = 0,886.

Kesimpulan: Dari hasil uji statistik ketiga metode (aromaterapi lavender metode oles, *hand massage* tanpa aromaterapi dan kombinasi *hand massage* dengan aromaterapi lavender) sama-sama efektif terhadap penurunan stres pada keluarga pasien yang dirawat di ruang ICU. Namun dari *effect size* metode *hand massage* tanpa aromaterapi lebih baik dalam menurunkan stres.

Kata kunci: *aromatherapy lavender*, *hand massage*, *Intensive Care Unit*, keluarga, stres.

ABSTRACT

Background:

Patient care in the Intensive Care Unit (ICU) is one of the stressors of increased stress on families due to changes in family roles, cost of care, patient conditions and other things. Complementary therapies such as lavender aromatherapy, hand massage or a combination of both can be a strategy in reducing stress.

Objective:

To determine the effectiveness of three intervention methods between lavender aromatherapy, non-lavender hand massage and a combination of both (lavender aromatherapy and hand massage) on reducing stress in families of patients admitted to the ICU.

Method :

This type of research is quasi experimental with a comparison group pretest and post-test design on three intervention groups. This study was conducted in the ICU room of Panti Rapih Hospital Yogyakarta. A total of 49 respondents were divided into three intervention groups (17 people in each group using consecutive sampling technique. The research instrument used Perceived Stress Scale 10 (PSS-10). Bivariate analysis used Kruskal Wallis test, Wilcoxon Test, and Unpaired ANOVA.

Results: There is a significant difference in pretest and posttest scores in the group given lavender aromatherapy oles method ($p=0.002$ with an effect size of 0,71, in the group that is done non-aromatherapy hand massage ($p<0.001$) with an effect size of 1,85 and the hand massage group with lavender aromatherapy ($p=0.003$) with an effect size of 0,78. The ANOVA test results of the three groups obtained a p value of = 0.886.

Conclusion: From the results of statistical tests, the three methods (lavender aromatherapy, hand massage without aromatherapy and a combination of hand massage with lavender aromatherapy) are equally effective in reducing stress in families of patients admitted to the ICU. However, the effect size of the hand massage method without aromatherapy is better in reducing stress.

Keywords: Aromatherapy Lavender, Hand Massage, Stress, Families of Intensive Care Unit Patients