

ABSTRAK

Latar belakang: Tindakan SC dapat menyebabkan nyeri dan mengakibatkan terjadinya perubahan kontinuitas jaringan karena adanya pembedahan. Dampak nyeri terhadap ibu, yaitu terbatasnya ADL, *bonding attachment* dan mobilisasi karena adanya peningkatan intensitas nyeri apabila ibu bergerak. Dampak nyeri terhadap bayi yaitu dalam pemberian ASI, dan kurangnya perawatan bayi yang dilakukan oleh ibunya. Manajemen non farmakologi yang biasa digunakan salah satunya adalah dengan menggunakan aromaterapi.

Tujuan: Mengetahui perbandingan efek antara aromaterapi Lavender dibandingkan dengan aromaterapi Jeruk Masam terhadap intensitas nyeri pasca SC di RSUI YAKSSI Gemolong

Metode: Rancangan penelitian *quasi experiment* dengan pendekatan *pre-test* dan *post-test with control group*. Waktu pengambilan data Agustus-Oktober 2015 di RSUI Yakssi Gemolong Sargen Jawa Tengah. Populasi dalam penelitian ini adalah ibu pasca SC di Rumah Sakit Umum Islam (RSUI) Yakssi Gemolong pada bulan Agustus-Oktober 2015 sejumlah 97 orang. Sampel sejumlah 34 untuk masing-masing kelompok perlakuan. Teknik sampling dengan *consecutive sampling*. Variabel independen yaitu pemberian aromaterapi Lavender dan Jeruk Masam, variabel dependen yaitu penurunan intensitas nyeri pasca SC. Instrumen yang digunakan *Numerical Rating Scale*. Analisis data menggunakan *Wilcoxon* dan uji *Mann Whitney*.

Hasil: Intensitas nyeri sebelum dan sesudah intervensi pada kelompok Lavender dan Jeruk Masam masing-masing adalah $5,59 \pm 0,657$ vs $3,74 \pm 0,963$, $p=0,00$ dan $6,00 \pm 1,044$ vs $4,91 \pm 1,379$, $P=0,00$. Penurunan nyeri pada kelompok Lavender sebesar 1,85, dan pada kelompok Jeruk Masam sebesar 1,09. Perbandingan efek aromaterapi Lavender dan Jeruk Masam dengan nilai $P < 0,05$, artinya ada perbedaan yang signifikan antara pemberian aromaterapi Lavender dan Jeruk Masam.

Kesimpulan: Aromaterapi Lavender mempunyai efek lebih besar dalam menurunkan intensitas nyeri pasca SC dibandingkan dengan aromaterapi Jeruk Masam

Kata Kunci: SC, nyeri, aromaterapi Lavender, aromaterapi Jeruk Masam

ABSTRACT

Background: Section caesarean can cause the pain and affect in the continuity changing of the tissues because of the surgery. The effects to the mothers are limitation of activity daily living, bonding attachment, and mothers are having more pain if they do some works or mobility. The effects to the baby is the lack of the breast milk that the baby will get, so the breast milk that has many advantages can not be given optimally to the baby. One of the non pharmacology solutions that can be done in decreasing the pain is by using the aromatherapy.

Objective: To compare the effect between using Lavender aromatherapy and Citrus Aurantium aromatherapy toward the intensity of section caesarean pain in Islamic Hospital Yakssi Gemolong

Method: The research used the quasi experiment with the approach of pre test and post test with controlled group. It was conducted between August until October 2015 in Islamic Hospital Yakssi Gemolong Sragen Central Java. The population in this research was mothers after section caesarean in Islamic Hospital Yakssi Gemolong in August until October 2015 that were 97 people. The sample of the research was 34 people to each of the treatment group. The sampling technique was consecutive sampling. The independent variable was the giving of the Lavender and Citrus Aurantium aromatherapy, the dependent variable was the decreasing of the section caesarean pain. The instrument in the research was numerical rating scale. The data analysis was used Wilcoxon and Mann Whitney test.

Result: The intencity of the pain before and after the intervention to the Lavender and Citrus were $5,59 \pm 0,657$ vs $3,74 \pm 0,963$, $p=0,00$ and $6,00 \pm 1,044$ vs $4,91 \pm 1,379$, $p=0,00$, respectively. The average of the deviation from the intencity of pain after the section cesarean in the Citrus group can be reduced to 1.09 meanwhile in Lavender group, it can be reduced to 1.85. The comparison of the effect of the Lavender aromatherapy and Citrus Aurantium aromatherapy was $p < 0,05$, there is significant difference between giving the Lavender aroamatherapy and Citrus aromatherapy.

Conclusion: The Lavender aromatherapy has bigger effect than the Citrus Aurantium aromatherapy in decreasing the section caesarean pain.

Keywords: Section Caesarean (SC), pain, Lavender aromatherapy, Citrus Aurantium aromatherapy