

ABSTRAK

Nyeri pada saat persalinan merupakan hal yang fisiologis akibat otot-otot rahim saling berkontraksi menyebabkan serviks membuka. 90% wanita mengalami nyeri saat persalinan. Dampak dari nyeri persalinan dapat mengarah keadaan patologis hingga dapat menimbulkan komplikasi partus lama jika penanganan tidak sesuai.

Upaya menurunkan intensitas nyeri saat persalinan dengan pemberian aromaterapi lavender secara inhalasi. Penelitian bertujuan untuk mengetahui pengaruh aromaterapi terhadap penurunan intensitas nyeri pada ibu bersalin primigravida kala I fase aktif. Metode penelitian *Deskriptif* dengan pendekatan asuhan (*continue of care*), sample yang digunakan yaitu sebanyak 3 responden ibu bersalin primigravida pada kala I fase aktif dengan teknik pengambilan sampling yaitu *purposive sampling*. Responden diberikan aromaterapi lavender inhalasi untuk mengurangi intensitas nyeri pada persalinan selama 60 menit. Penilaian intensitas nyeri menggunakan quesioner NRS (*Numerik Rating scale*) yang dilakukan sebelum dan sesudah intervensi.

Hasil penelitian ini diperoleh sebelum intervensi, intensitas nyeri 3 responden mengalami nyeri berat terkontrol dengan nilai point 7 dan 8. Setelah diberikan intervensi intensitas nyeri menjadi nyeri sedang dengan point 5 dan 6. Hal tersebut menunjukkan bahwa terjadi penurunan intensitas nyeri setelah pemberian aromaterapi lavender.

Diharapkan dapat meningkatkan asuhan kebidanan pada ibu bersalin salah satunya yaitu pemberian Aromaterapi lavender yang dapat menurunkan tingkat nyeri persalinan kala I fase aktif.

Kata kunci : Nyeri Persalinan, Aromaterapi, Lavender

Sumber : 14 buku = 2013-2020

11 jurnal = 2013-2021

ABSTRACT

Pain during labor is physiological because the muscles of the uterus contract to each other causing the cervix to open. 90% of women get pain during labor. The impact of labor pain can lead to pathological conditions to minimize long partus complications if treatment is not appropriate. Pain during labor is physiological because the muscles of the uterus contract to each other causing the cervix to open. 90% of women get pain during labor. The impact of labor pain can lead to pathological conditions to minimize long partus complications if treatment is not appropriate.

Efforts to decrease the intensity of pain during childbirth by administering lavender aromatherapy inhalation. The study aims to determine the effect of aromatherapy on the decrease in pain intensity in primigravida maternity mothers when active phase. Research method with descriptive the approach of care (continue of care), the sample used is as many as 3 respondents primigravida maternity mothers at the time of the active phase with sampling techniques that is purposive sampling. Respondents were given inhalation lavender aromatherapy to reduce the intensity of pain in childbirth for 60 minutes. Pain intensity assessment using NRS (Numerical Rating scale) questioner conducted before and after intervention.

The results of this study were obtained before the intervention, the intensity of pain 3 respondents experienced severe controlled pain with points 7 and 8. After being given pain intensity interventions become moderate pain with points 5 and 6. This indicates that there is a decrease in the intensity of pain after the administration of lavender aromatherapy.

It is expected to increase midwifery care in maternity mothers, one of which is the administration of lavender aromatherapy that can decrease the level of labor pain when I active phase.

Keywords : Labor Pain, Aromatherapy, Lavender

Source : 14 books = 2013-2020

11 journals = 2013-2021