

**LAVENDER AROMATHERAPY AS AN EFFORT
TO OVERCOME ANXIETY IN PREGNANT WOMEN**

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SUMMARY

Background : *Pregnancy is a process of fetal development in a woman's womb, which generally lasts about 28 days (40 weeks or 9 months 7 days), calculated from the start of the last menstrual period until the birth of the fetus. The WHO (World Health Organization) states that about 5% of nonpregnant women experience anxiety, 8-10% during pregnancy, increasing to 13% just before delivery. **Method:** The method used is using KIE media as a promotional medium which contains the relaxing effect of lavender aromatherapy which can reduce anxiety. One of the expected goals is to reduce anxiety in pregnant women, increase comfort, health and well-being of body, mind and spirit. Pregnant women who experience anxiety really need to increase their knowledge through proper education. **Result:** The resulting media is in the form of posters that can be used by pregnant women. Health counseling through poster media has the advantage of providing good visualization to facilitate the process of understanding in knowledge. **Conclusion:** Poser media can provide information to increase knowledge about reducing anxiety in an effort to stabilize the increasing anxiety rate of pregnant women.*

Keywords: *Pregnancy, Aromatherapy, Poster media.*