

METHOD OF APPLICATION OF LAVENDER AROMATHERAPY MESSAGE TO THE LEVEL OF PAIN IN ACTIVE PHASE I LABOR

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SUMMARY

Background: Pain during childbirth predisposes to anxiety, causing oxygen demand and increased blood pressure. Pain in childbirth can be reduced by non-pharmacological methods, one of which is by using aromatherapy. Lavender as aromatherapy has a relaxing effect, relieves pain, reduces anxiety and creates calm. The purpose of this study was to determine the effect of lavender massage aromatherapy on the level of active phase I labor pain. Aromatherapy Lavender Massage requires a medium that is used as a means of health education. One of them is the Booklet. **Purpose;** Booklets can be used as a medium for health education to the public to increase knowledge and understanding which are designed in an attractive and easy to understand manner. **Conclusion;** Booklets can be used as educational and information media to increase public knowledge about the importance of lavender aromatherapy massage on the level of active phase I labor pain.

Keywords: Lavender Aromatherapy, Pain, Childbirth, Massage