

**APPLICATION OF LEMON AROMATHERAPY (CITRUS) IN REDUCING
MENSTRUATION PAIN FOR STUDENTS OF THE UNIVERSITY SIXTH SEMESTER
DIII NURSING STUDY PROGRAM
'AISYIYAH SURAKARTA**

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ABSTRACT

Background: Menstrual pain in the world is very high, 50% of women worldwide, Bulgaria 8.8%, Finland 94% while Indonesia 64.25%. Menstrual pain causes short and long term adverse effects including interference with daily activities and even an increase in absenteeism at the campus, long-term effects cause tissue growth outside the uterus. Menstrual pain can be treated with pharmacological and non-pharmacological therapies. One of the non-pharmacological therapies is inhaling lemon aromatherapy. Limeone contains lots of vitamin C which will control prostaglandins and reduce pain. **Objective:** To describe the results before and after the application of lemon aromatherapy on reducing menstrual pain. **Methods:** Case study with descriptive design on 2 respondents who were given lemon aromatherapy for 15 minutes twice a day for 2 days, and measured using Numeric Rating Scale. **Results:** After lemon aromatherapy was performed on both respondents with menstrual pain, it showed a decrease in the pain scale from moderate pain to mild pain. **Conclusion:** The application of lemon aromatherapy can reduce menstrual pain in female students from moderate to mild.

Keywords: Lemon aromatherapy, female college student, menstrual pain