

EDUCATIONAL MEDIA BOOKLET ABOUT GIVING LEMON AROMATHERAPI TO PREGNANT WOMEN WITH EMESIS GRAVIDARUM IN THE TRIMESTER I

*Indrika, Sri Kustiyati
Indrika2002@gmail.com Universitas
'Aisyiyah Surakarta*

SUMMARY

Background: Nausea and vomiting is a natural symptom experienced by primigravisa pregnant women, especially at 4-6 weeks of pregnancy. Nausea and vomiting in pregnant women results in body weakness, pallor, impaired activity, decreased appetite, until the mother experiences weight loss, malnutrition and even dehydration until a nutritional deficit that endangers the condition of the mother and fetus. **Objective:** The therapy that can be done to overcome nausea and vomiting is lemon aromatherapy which is a safe complementary therapy in pregnancy. This study is a quantitative study that aims to determine the effect of Lemon Aromatherapy as a complementary therapy for pregnant women in the first trimester with nausea and vomiting. **Methods:** The research design uses the booklet media method, the sample is first trimester pregnant women who experience nausea and vomiting, totaling 3 people as a sample using booklet media education. **Results:** The results showed that before being given lemon aromatherapy, most of 73.3% of pregnant women experienced nausea vomiting and after being given lemon aromatherapy, most of 70% of pregnant women experienced mild nausea vomiting. **Conclusion:** Based on the test results, there is an effect of Lemon Aromatherapy as a complementary therapy for first trimester pregnant women with nausea and vomiting.

Keyword: *Lemon aromatherapy, Emesis Gravidarum, Booklet Media*

