

THE EFFECT OF LEMON AROMATHERAPY ON REDUCING NAUSEA, VOMITING IN PREGNANT WOMEN TRIMESTER I

Meli Nuridawati, Enny Yuliaswati
202322044.students@aiska-university.ac.id
University Aisyiyah Surakarta

ABSTRACT

Background: Nausea and vomiting during pregnancy are caused by changes in the endocrine system that occur during pregnancy, mainly caused by high fluctuations in HCG (human chorionic gonadotrophin) levels. The resulting impact can cause side effects on the fetus such as abortion, low birth weight, premature birth, and malformation in newborn babies. Lemon aromatherapy contains limonene which inhibits the action of prostaglandins and can reduce nausea experienced by pregnant women. **The Objectives Of The Research :** To find out whether there is a decrease in the degree of nausea and vomiting in first trimester pregnant women at DPP dr. Novi Ayu Putri. **Research Method:** This research uses quantitative research with the Pre-Experiment method and uses One Group Pretest-Posttest Design research. **Result :** The hypothesis test in this research is the Wilcoxon Test, this test was chosen because the data scale used is ordinal. The sound of the hypothesis being tested is if Sig. > 0.05 then H0 is accepted if Sig. < 0.05 then H0 is rejected. It is known that the price of Sig. of 0.001 is smaller than the significance level of 0.05. This means that H0 is rejected and H1 is accepted or there is an effect of lemon aromatherapy to reduce emesis gravidarum in first trimester pregnant women at DPP dr. Novi Ayu Putri, Way Kanan, Lampung. **Summary:** The results of this study show that there is an effect of giving lemon aromatherapy to reduce nausea and vomiting in pregnant women

Keywords: Nausea, Vomiting, Lemon Aromatherapy