

**THE APPLICATION OF LEMON AROMATHERAPY TO REDUCE
MENSTRUATION PAIN IN FEMALE STUDENTS AT THE
UNIVERSITY OF 'AISYIYAH SURAKARTA**

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ABSTRACT

Background: WHO shows that over 50% of women in various countries experience menstrual pain. The prevalence of menstruation pain in Sweden is 72%, the United States 90%, Kuwait 85.6%, and Indonesia 64.5%, with 54.89% experiencing severe menstrual pain. The prevalence of dysmenorrhea in Central Java Province reaches 56%. Management of menstruation pain can be done pharmacologically and non-pharmacologically. Non-pharmacological management includes the use of lemon aromatherapy. Limonene in lemon is the main component in citrus chemical compounds that can inhibit the prostaglandin system, thereby reducing pain. **Objective:** To describe the results of the menstruation pain scale before and after the application of lemon aromatherapy on female students at the University of 'Aisyiyah Surakarta. **Method:** A descriptive case study to compare the menstruation pain scale before and after the application of lemon aromatherapy. Lemon aromatherapy was administered for 20 minutes, twice daily for two days, using the NRS. **Results:** Both respondents experienced a 3-point reduction in pain. The first respondent went from moderate pain to mild pain, and the second respondent went from severe pain to moderate pain. **Conclusion:** The application of lemon aromatherapy has been proven to reduce menstruation pain in female students.

Keywords: Lemon aromatherapy, menstruation pain, non-pharmacological therapy