

THE EFFECT OF LAVENDER AROMATHERAPY ON REDUCING MENSTRUAL PAIN IN ADOLESCENTS IN GAYAMDOMPO VILLAGE

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ABSTRACT

Background: Menstrual pain (dysmenorrhea) is a common complaint experienced by adolescent girls during menstruation and can interfere with daily activities and reduce quality of life. This pain is caused by an increase in prostaglandin hormones, which trigger uterine muscle contractions and result in pain in the lower abdomen and lower back. One effective non-pharmacological method to reduce menstrual pain is the use of lavender aromatherapy. Lavender contains active compounds such as linalool, which has a sedative effect to help create a calming sensation and accelerate the relaxation process, and linalyl acetate, which functions to reduce muscle and nerve tension. **Objective:** To determine the effect of lavender aromatherapy on reducing menstrual pain in adolescents in Gayamdopo Subdistrict. **Methods:** This study used a pre-experimental design with a one-group pretest-posttest approach involving 22 adolescent girls as samples selected through total sampling. Pain levels were measured using the Numeric Rating Scale (NRS) and analyzed with the Wilcoxon test. **Results:** The study showed a decrease in the mean pain score from 5.00 to 1.45, with a Z value of -4.184 and a p-value of 0.000 (≤ 0.05). **Conclusion :** There is an effect of lavender aromatherapy administration on the reduction of menstrual pain in adolescents in Gayamdopo Village.

Keywords: Menstrual pain, Lavender aromatherapy, Adolescents