

**THE EFFECT OF LEMON AROMATHERAPY ON REDUCING
DYSMENORE IN ADOLESCENTS AT SMK AN-NUR AMPEL
BOYOLALI**

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ABSTRACT

Background: Dysmenorrhea is a common menstrual complaint experienced by adolescent girls, which often interferes with daily activities and reduces concentration in learning. One non-pharmacological alternative to overcome dysmenorrhea is lemon aromatherapy which contains active compounds such as limonene which has analgesic properties and can inhibit prostaglandin activity. **Objective:** To determine the effect of lemon aromatherapy on reducing dysmenorrhea in adolescents at SMK An-Nur Ampel Boyolali. This study used a pre-experimental design with a one-group pretest-posttest approach. The study sample was 24 adolescent girls who experienced dysmenorrhea. The level of pain was measured using the Numeric Rating Scale (NRS) and the data were analyzed using the Wilcoxon signed-rank test. **Research methods:** The study showed that before the intervention, most respondents (70.8%) experienced pain on a scale of 5, while after lemon aromatherapy, most (70.8%) experienced a decrease in pain to a scale of 2. **Results:** The Wilcoxon signed-rank test showed a p value <0.000 ($\alpha = 0.05$) which means there was a significant difference in pain levels before and after the intervention. **Conclusion:** This study is that lemon aromatherapy can significantly reduce dysmenorrhea in adolescents at SMK An-Nur Ampel Boyolali.

Keywords: Lemon Aromatherapy, Dysmenorrhea, Adolescents.