

THE EFFECT OF LAVENDER AROMATHERAPY ON REDUCING THE FREQUENCY OF EMESIS GRAVIDARUM IN PREGNANT WOMEN IN THE FIRST TRIMESTER AT MOJOLABAN PUBLIC HEALTH CENTER

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ABSTRACT

Background: *Emesis gravidarum* is a common condition experienced by pregnant women in the first trimester and can cause nutritional disorders, dehydration, and reduce quality of life. The prevalence of this condition is quite high, namely 40–60% in multigravida and 60–80% in primigravida, with a national average of 67.9%. Lavender aromatherapy, which contains linalool and linalyl acetate, is known to have a relaxing and calming effect that can help reduce symptoms of nausea and vomiting in pregnancy. **Objective:** To determine the effect of lavender aromatherapy on reducing the level of emesis gravidarum in pregnant women in the first trimester at the Mojolaban Community Health Center. **Methodes:** The study used a pre-experimental design with a one-group pretest-posttest. A total of 22 respondents were given lavender aromatherapy intervention for seven days. **Results:** Analysis using the Wilcoxon test showed a significant decrease in the level of emesis gravidarum ($p = 0.000$). Before the intervention, the majority of respondents experienced moderate nausea and vomiting (86.4%), while after the intervention, 59.1% experienced mild nausea and 31.8% did not experience nausea and vomiting. **Conclusion:** Lavender aromatherapy significantly and effectively reduced the level of emesis gravidarum in pregnant women in the first trimester.

Keywords: *Lavender aromatherapy, emesis gravidarum, pregnant women, trimester I*