

## **THE EFFECT OF LAVENDER AROMATHERAPY ON REDUCING ANXIETY LEVELS IN PRE-OPERATIVE PATIENTS**

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### **ABSTRACT**

**Background:** *The psychological response that emerges before undergoing surgery is an emotional reaction in the form of anxiety. Anxiety is an enthusiastic reaction to an evaluation that describes a condition of tension and fear. To reduce pre-operative anxiety in patients, lavender aromatherapy can be administered.*  
**Objective:** *To determine the results of applying lavender aromatherapy to reduce anxiety levels in pre-operative patients.*  
**Methods:** *This study was conducted using a descriptive case study method with 2 pre-operative patients experiencing anxiety. Anxiety was observed before and after lavender aromatherapy, and anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS).*  
**Results:** *There was a decrease in anxiety levels experienced by both pre-operative patients after receiving lavender aromatherapy. Tn. A (respondent 1) initially experienced moderate anxiety, which decreased to mild anxiety after receiving lavender aromatherapy, and Ny. H (respondent 2) initially experienced mild anxiety, which decreased to no anxiety after receiving lavender aromatherapy.*  
**Conclusion:** *Lavender aromatherapy administered by the author to pre-operative patients was able to reduce anxiety levels in pre-operative patients.*

**Keywords:** *anxiety, aromatherapy, lavender, pre-operative*