

**EDUCATIONAL VIDEO ON LAVENDER AROMATHERAPY
TO REDUCE FIRST-STAGE
LABOR PAIN**

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SUMMARY

Background: *Childbirth is a natural process that causes contractions and pain with varying levels in each mother, influenced by physical, psychological conditions, and previous experiences. Lavender aromatherapy has been shown to be effective in reducing pain and anxiety during labor, but its use in health facilities is still limited. Therefore, education is needed for health workers to improve the application of aromatherapy as a safe and practical method of reducing labor pain.* **Objective:** *To compile media in the form of videos to increase knowledge about lavender aromatherapy in reducing labor pain.* **Method:** *The output of the video was made using the Canva application in its compilation. The video media then went through a revision process, input from the supervisor and three respondents and improvements from the author.* **Results:** *The video media contains a 4 minute 3 second file with a file size of 46 mb entitled "Lavender Aromatherapy in Reducing Labor Pain" which contains information about the benefits of lavender aromatherapy in reducing labor pain and has Intellectual Property Rights (IPR). The video content includes the video title, the content of the material discussed and the references used.* **Conclusion:** *A video media has been compiled about lavender aromatherapy in reducing labor pain as a promotional and educational media that attracts readers and can be accessed anywhere.*

Keywords: *Labor Pain, Lavender Aromatherapy, Video Media*