

**LAVENDER AROMATHERAPY ADMINISTRATION TO REDUCE
LABOR PAIN WHEN AT BPM SRI HANDAYANI
BALEREJO MATESIH**

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ABSTRACT

Background: Labor pain results in fear and stress. Stress in the mother can cause the release of stress hormones such as catecholamines and steroids, resulting in reduced blood flow to the mother of her cruel. Nonfarmacological treatment is an alternative to reduce pain during labor by giving lavender aromatherapy. Lavender aromatherapy contains linail acetate and linalool which function as analgesics that can relieve pain and can provide a relaxing effect. **Objective:** To describe how to decrease labor pain in the first stage before and after administration of lavender aromatherapy. **Method:** The design of this study used descriptive research, namely by case study. This case study was carried out by describing a decrease in the scale of labor pain before and after administration of lavender aromatherapy. Respondents used were 2 mothers giving birth. **Results:** The results of the research that was conducted after 30 minutes of lavender aromatherapy administration showed that both respondents experienced a decrease in the scale of pain. In respondents 1 and 2 before being carried out lavender aromatherapy treatment experienced a level of pain scale of 6 each which means disturbing activity, and after lavender aromatherapy administration both respondents experienced a decrease in the scale of pain of each 2 which meant feeling slightly sick. **Conclusion:** Giving lavender aromatherapy can reduce the scale of labor pain in the first stage.

Keywords: *Pain, Primigravida, Maternity First, Aromatherapy Lavender.*