

## **Provision Of Lemon Aromaterapy To Reduce Emesis Gravidarum In Trimester I In The Mekar Jaya Village**

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### **ABSTRACT**

**Background;** *Emesis gravidarum is a condition that is often experienced by pregnant women which generally occurs in the morning. The case of emesis gravidarum is experienced by around 70-80% of pregnant women and is a phenomenon that often occurs during the first trimester of pregnancy. If this situation is increasingly out of control can disrupt the daily activities of mothers and make women lazy to eat. If not treated immediately, this condition will worsen which can cause the mother to lack of fluids and nutrients.***Objective;** *Describe the administration of lemon aromatherapy to reduce emesis gravidarum in the first trimester in Mekar Jaya Village, Sungai Melayu Rayak District, Ketapang Regency.***Method;** *Descriptive research with a case study approach using 2 respondents. Descriptive research aims to explain or describe research problems that occur based on the characteristics of place, time, age, gender and others.***Results;** *After administering lemon aromatherapy for 6 consecutive days, there was a decrease in emesis gravidarum in both respondents. The decrease can be seen from the level of emesis gravidarum experienced by the two respondents who were initially at a severe level, then experienced a decrease in scores and were at a mild level.***Conclusion;** *There was a decrease in emesis gravidarum in first trimester pregnant women after the administration of lemon aromatherapy in Mekar Jaya village.*

**Keywords:** *pregnancy, emesis gravidarum, lemon aromatherapy.*