

AROMATHERAPY POCKET MEDIA FOR REDUCING ANXIETY OF TRIMESTER III PREGNANT WOMEN

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SUMMARY

Anxiety (anxiety) is neurotic helplessness, insecurity, immaturity, and inability to face the demands of reality (environment), the difficulties and pressures of daily life (Syamsu Y. 2009 in Annisa and Ifdil, 2016: 2). Anxiety in the third trimester of pregnant women, if not handled properly, is feared to affect fetal development and may have long-term effects on children's psychological development. In addition, anxiety can result in premature birth in infants, LBW, abortion, and fetal heart rate disturbances when it is approaching delivery time and can result in the birth process experienced by the mother in the form of prolonged labor or prolonged stage II. Giving lavender aromatherapy for 5 minutes using an aromatherapy furnace for 7 days at night can reduce anxiety levels (Miarso, C et al., 2018: 558). One of the information media that can be used in providing information is a pocket book. This pocket book is expected to be able to increase knowledge about lavender aromatherapy to reduce the anxiety of third trimester pregnant women and become the basis for IEC (communication, information, and education) to the general public.

Keywords: Anxiety, Pocket book, Aromatherapy.