

LEMON AROMATHERAPY (CYTRUS) CAN REDUCE MENSTRUATIVE PAIN IN ADOLESCENTS

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SUMMARY

Background: Menstrual pain affects 64.25% of women in Indonesia. If not addressed, it will affect the mental and physical function of young women. Lemon aromatherapy is a non-pharmacological treatment that can be used to treat menstrual pain, by inhalation, namely 5-6 drops of lemon aromatherapy and inhaled with 2-3 deep breaths, to get a long effect it can be placed on the chest. **Objective:** To help young women reduce and prevent menstrual pain, can be promoted to the public and is a flexible reading medium (poster). **Methods:** The targets for this outcome were young women experiencing menstruation, rural communities, and universities. The instrument used was an output in the form of a poster affixed to the village wall or university wall. **Previous Research:** According to Suwanti's (2018) study, menstrual pain with non pharmacology with lemon oil. Out of 5 people who were given lemon oil aromaterapy experienced a decrease in menstrual pain. **Conclusion:** A poster entitled "Aromatherapy Lemon (Citrus) Can Reduce Menstrual Pain in Young Women" has been created and shows its effectiveness, namely it can reduce menstrual pain in young women.

Keywords: Teenager, Menstrual Pain, Aroma therapy, Lemon.