

# PENURUNAN INTENSITAS MUAL MUNTAH MENGGUNAKAN AROMATERAPI LEMON PADA IBU HAMIL TRIMESTER 1

Tatik Anggrahini, Irma Mustika Sari, S.Kep.,Ns.,M.Kep, Norman Wijaya Gati,

S.Kep.,Ns.,M.Kep.,Sp.Kep.J

[ekasusilowati055@gmail.com](mailto:ekasusilowati055@gmail.com)

Universitas 'Aisyiyah Surakarta

## ESSENCE

**Background;** The 2015 World Health Organization (WHO) states that the number of incidence of emesis gravidarum reaches 12.5% of all pregnancies in the world. According to the 2017 Indonesian Demographic and Health Survey (IDHS), in Central Java, especially in Surakarta, there was an increase in mortality among pregnant women. **Aim;** The purpose of making this booklet is to explain the use of lemon aromatherapy to reduce the intensity of nausea and vomiting in pregnant women in the 1st trimester. With this media, it is hoped that it can be used as a medium for education or health education to the public, especially pregnant women so that they can find out and apply this method. **Method;** The method used is to use IEC media, namely booklets, which are expected to be a source of information on the use of lemon aromatherapy methods to reduce the intensity of nausea and vomiting in pregnant women to increase knowledge. **Result;** Booklets will be IPRed at the University of 'Aisyiyah Surakarta and especially to the public and pregnant women so that they can know and apply lemon aromatherapy methods to reduce the intensity of nausea and vomiting. **Conclusion;** As a health education medium and educational media for the public and especially for pregnant women to increase knowledge about the procedure for giving lemon aromatherapy to reduce nausea and vomiting.

Keywords: Emesis Gravidarum, Lemon Aromatherapy, Booklet