

ESSENCE

Ristiana B2017102 Program Studi DIII Keperawatan	Counsellor 1. Endah Sri Wahyuni, S.Kep., Ns., M.Kep. 2. Siti Fatmawati, S.Kep., Ns., M.Kep.
--	---

METHODS OF USING LEMON AROMATHERAPY (CITRUS) EFFORTS TO REDUCE MENSTRUAL PAIN IN ADOLESCENTS

ESSENCE

Background : Aromatherapy is a complementary medicine that uses liquid ingredients made from plants and volatile, known as essential oils and other aromatic compounds that can affect a person's mental, emotional, cognitive function and health. Aromatherapy lemon is an essential oil produced from extra orange peel (*Citrus* Lemon) which is often used in aromatherapy. In Indonesia, the incidence of menstrual pain was 64.25% consisting of 54.89% primary dysmenorrhea and 9.36% secondary menstrual pain. Central Java was 24.46%, the prevalence of dysmenorrhea in Surakarta was 87.7%. **Purpose :** To provide information on the use of lemon aromatherapy (*citrus*) in efforts to reduce menstrual pain in adolescents through information on posters that are made briefly interesting, and easy to understand by readers. **Method :** Done by inhalation by giving 3 drops of lemon aromatherapy on gauze / tissue using a dropper / syringe then inhaled for 15 minutes and done 2 times a day for 2 days **Conclusion :** Teens who experience menstrual pain can practice how to use aromatherapy lemon (*citrus*) independently through the information obtained from this poster media.

Keywords : Menstruation, Menstrual Pain, Aromatherapy Lemon (Citrus) Poster