

## ABSTRACT

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### THE EFFECT OF LAVENDER AROMATHERAPY AND MOZART CLASSIC MUSIC THERAPY ON DECREASING SCALE OF POST PAIN OPERATION *SECTIO CAESAREA* IN THE DR. DARSONO PACITAN REGENCY

#### ABSTRAK

**Background:** Pain is one of the effects of surgical management of *sectio caesarea*. Decreased pain in post operative *sectio caesarea* patients is very important to accelerate the process of early initiation and early mobilization in women giving birth. Pain management is carried out by pharmacological and non pharmacological methods. Non pharmacological methods that can be done include lavender aromatherapy and classical music therapy mozart. **Objective:** Determine the effect of lavender aromatherapy and mozart classical music therapy on the reduction of post operative pain scale *sectio caesarea* in the dr. Darsono Pacitan Regency. **Method:** This study is a comparative study with Pre-Experimental Design with the design of One Group Pretest - Posttest Design. The study population was post operative patients of *sectio caesarea* in RSUD dr. Darsono Pacitan Regency, which is in the Seruni room. The number of *sectio caesarea* patients in 2017 was 517 people. The research sample of 20 respondents was determined by sampling quota technique. Data collection using Numeric Rating Scale (NRS) and data analysis using Wilcoxon Signed Rank Test. **Research Result:** The results of the Wilcoxon Signed Rank Test test obtained the  $Z_{count}$  value of -3,162 with significant value ( $p$ -value) 0,002 so the test decision  $H_0$  was reject. **Conclusion:** Aromatherapy lavender and mozart classical music therapy proved to have an effect on the reduction of post operative patients in *sectio caesarea* in RSUD dr. Darsono Pacitan Regency.

**Keyword:** post operative *sectio caesarea*, pain, lavender aromatherapy, classical music therapy mozart.