

ADMINISTRATION OF LEMON (CITRUS) AROMATHERAPY TO REDUCING MENSTRUAL PAIN SCALE THROUGH VIDEO MEDIA

Pita Setia Sari, Erika Dewi Noorratri

pitasetiasari81@gmail.com

Aisyiyah University Surakarta

SUMMARY

Background: *The incidence of menstrual pain in the world is more than 50% on average. On the country Indonesia, the prevalence of menstrual pain is around 55% among productive age groups. The incidence of menstrual pain ranges from 45-95% among women of productive age with efforts to treat dysmenorrhea 51.2% with drug therapy, 24.7% with relaxation and 24.1% with distraction or pain diversion.* **Method :** *Menstrual pain is done through inhalation by giving aromatherapy on gauze/tissue in the amount of 3 drops with a dropper/ syringe, then inhaled to the respondent. Giving lemon aromatherapy oil was given for 15 minutes and was done 2 times a day for 2 days. This method is effective and there are already research journals that prove it.* **Results:** *The output produced is in the form of a video with the title "Giving Lemon (Citrus) Aromatherapy Towards Reducing Menstrual Pain Scale"* **Conclusion:** *People who experience menstrual pain can practice how to give lemon (citrus) aromatherapy independently through the information obtained from this video.*

Keywords : *Menstrual Pain, Menstruation, Aromatherapy Citrus.*