

“THE BENEFITS OF LEMON AROMATHERAPY ON THE REDUCTION LABOR

PAIN WHEN ONE ACTIVE PHASE”

ESSENCE

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Background: Childbirth is a physiological process for pregnant women, but for some women childbirth is sometimes overwhelmed by fear and anxiety. Fear and anxiety of labor pain can stimulate the production of steroid hormones and catecholamines and highly excessive steroids.

Aromatherapy is a therapy that uses pure oils to help refresh and also improve the physical and psychological state so that it becomes good. Aromatherapy has a positive effect because its fresh and fragrant aroma can stimulate sensory receptors and can eventually affect other organs resulting in a strong effect on emotions.

Objective: To increase public knowledge, especially pregnant women who will undergo normal labor processes with one of them using non-pharmacological treatment in the form of lemon inhalation aromatherapy.

Method: Done by dripping aroma therapy on cotton wool and inhaling it for 5-10 minutes with a distance of approximately 20 cm from the nose

Outer Description: The theme of this poster is The Benefits of Lemon Aroma Therapy Against The Reduction of Labor Pain When One Active, made with image processing application Corel Draw X8 with a height of 80 cm and width of 60 cm.

Conclusion: Posters can help educate, especially pregnant women and can be used as an alternative to reduce pain with nonpharmacology in pregnant women pain when one is active in the form of aroma therapy lemon.

Keywords: Posters, Labor Pain, Lemon Aroma Therapy