

**APPLICATION OF LAVENDER AROMATHERAPY TO REDUCE THE  
INTENSITY OF DYSMENORRHEA IN ADOLESCENT WOMEN AT STATE  
SENIOR HIGH SCHOOL 1 GONDANG**

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**ABSTRACT**

**Background.** Dysmenorrhea is the cramping, pain, and other discomfort associated with menstruation. Data from the World Health Organization (WHO) in 2020 found an incidence of 1,769,425 people (90%) of women experiencing dysmenorrhea. Non-pharmacological therapy using lavender aromatherapy can be an option for young women to treat dysmenorrhea. **Purpose.** This study aims to investigate the effects of lavender aromatherapy on reducing dysmenorrhea in young women by observing changes in two participants before and after the treatment. **Method.** This study is a case study research that utilizes a descriptive method. It involves observing and interviewing two young female respondents who suffer from dysmenorrhea before and after undergoing lavender aromatherapy intervention. **Results.** After the application of lavender aromatherapy to the two respondents, there was a decrease in the intensity of dysmenorrhea of Ms. E from a pain scale of 5 to a pain scale of 1 while in Nn. N there was a decrease from a pain scale of 6 to a pain scale of 3. **Conclusion.** After applying lavender aromatherapy to Ms. E and Ms. N there is a decrease in the pain scale from moderate pain to mild pain. This shows that lavender aromatherapy can reduce dysmenorrhea in both respondents.

**Key Words:** Young Women, Dysmenorrhea, Lavender Aromatherapy