

**APPLICATION OF LAVENDER AROMATHERAPY TO REDUCE THE
SCALE OF LABOR PAIN IN THE PONEK RSUD dr. SOERATNO
GEMOLONG SRAGEN**

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ABSTRACT

Background; Labor pain is uterine contraction caused by dilation and thinning of the cervix and uterine ischemia due to contraction of the myometrial artery. This can result in decreased uterine contractions, decreased utero circulation, reduced blood flow and the onset of uterine ischemia which makes painful impulses multiply. Efforts to reduce pain can use the administration of lavender aromatherapy. **Objective:** Determine the results of implementation before and after lavender aromatherapy to reduce labor pain scale. **Method;** Using a case study design, subjects on 2 mothers who were treated in the Ponek Room of RSUD dr. Soeratno Gemolong Measuring instrument for pain using NRS pain scale. The NRS Pain Scale before lavender aromatherapy was given to both respondents the same. Subject 1 had a pain scale of 8 categories of severe pain while subject 2 had a pain scale of 7 categories of severe pain. **Result;** There were changes before and after lavender aromatherapy to reduce the scale of labor pain in two respondents. **Conclusion:** There is a similarity in development before and after lavender aromatherapy in labor pain.

Keywords : Lavender Aromatherapy, Labor pain