

**IMPLEMENTATION OF LAVENDER AROMATHERAPY TO PREGNANT
WOMEN IN THE 1ST TRIMESTER WITH EMESIS GRAVIDARUM AT
KRADENAN II GROBOGAN HEALTH CENTER**

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ABSTRACT

Background: The prevalence of emesis gravidarum in 2023 reached 2,780 throughout Indonesia. Emesis Gravidarum if not treated quickly and appropriately can develop into Hyperemesis Gravidarum and can end in death. Emesis Gravidarum can be treated with pharmacological and non-pharmacological therapy. One of them is with Lavender Aromatherapy. **Objective:** To describe the results of the implementation after the application of Lavender Aromatherapy to pregnant women who experience emesis gravidarum in Kradenan Village, Grobogan Regency. **Method:** This design uses a case study research design with a descriptive research method. In this study, researchers used the PUQE 24 Scoring System scale questionnaire sheet to determine the comparison before and after the application of Lavender Aromatherapy. This study was conducted on 2 respondents, carried out every morning for 7 days and each respondent was given 5 minutes of application time. **Results:** After the application was carried out, there was a decrease in the degree of emesis gravidarum between the 2 respondents. Mrs. L decreased by 5 scores from mild to moderate and Mrs. A decreased by 8 scores from mild to moderate. **Conclusion:** The results of the implementation are Mrs. L decreased from moderate to mild and Mrs. A decreased from moderate to mild.

Keywords: Lavender Aromatherapy, Emesis Gravidarum, Pregnant Women