

**THE EFFECT OF LEMON AROMATHERAPY ON THE DEGREE OF  
EMESIS GRAVIDARUM IN PREGNANT WOMEN IN THE FIRST  
TRIMESTER AT PUCANGSAWIT COMMUNITY  
HEALTH CENTER**

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**ABSTRACT**

**Background;** Early pregnancy triggers hormonal changes that cause emesis gravidarum, especially in the first trimester. If left untreated, this condition can reduce appetite and disrupt electrolyte balance, the most severe manifestation of nausea and vomiting causes hyperemesis gravidarum. In Central Java, the prevalence is 40–60%. Pharmacological therapy includes vitamin B6 and antihistamines, but some pregnant women are reluctant to take medication because of side effects. As an alternative, lemon aromatherapy can be used. Volatile molecules from aromatherapy stimulate the limbic system in the brain, triggering the release of neurotransmitters such as endorphins, serotonin, and dopamine, which have a happy, relaxing effect. **Objective;** To determine the effect of lemon aromatherapy on reducing the degree of Emesis gravidarum in pregnant women in the first trimester at the Pucangsawit Health Center. **Method;** Pre-experimental study with a one group pretest posttest design with a population of 30 pregnant women, a sample of 26, consecutive sampling. The intervention was carried out by inhaling 5 drops of lemon aromatherapy for 10 minutes for 4 days. **Results;** Before the intervention, the majority of pregnant women experienced mild nausea and vomiting (58%) after the intervention, the majority did not experience nausea and vomiting (89%). The statistical test was Wilcoxon P-value 0.000 (<0.05) **Conclusion;** There is an effect of giving lemon aromatherapy on reducing the degree of emesis gravidarum in pregnant women in the first trimester at the Pucangsawit Health Center.

**Keywords:** Lemon aromatherapy, emesis gravidarum, first trimester