

**APPLICATION OF LAVENDER AROMATHERAPY TO REDUCE
PAIN IN POST-SECTION CAESAREAN PATIENTS AT SRAGEN
REGIONAL HOSPITAL**

Nur Hayati¹, Neny Utami², Zulfa Mahdiatur Rasyida³

University of 'Aisyiyah Surakarta

nurhayaatii69@gmail.com

ABSTRACT

Background: *Caesarean section delivery is a surgical procedure to remove the fetus by opening the abdominal wall and uterine wall which causes pain nursing problems. One way to control pain in post-sc patients is by using non-pharmacological lavender aromatherapy techniques. Lavender aromatherapy can reduce pain if done for 2 days for 20-30 minutes. The prevalence of caesarean section delivery in the world according to the World Health Organization (WHO) is an average of 5-15% per 1000 births. In government hospitals, caesarean section delivery is an average of 11% while in private hospitals it is more than 30%. **Objective:** to find out whether lavender aromatherapy can reduce pain levels in post-surgical patients. **Method:** Case study, 2 respondents who are post-sc mothers, the implementation uses lavender aromatherapy. **Results:** The level of pain in both respondents before lavender aromatherapy was given was in the moderate pain category. The level of pain after lavender aromatherapy was given was in the mild pain category. **Conclusion:** There were differences in pain levels before and after lavender aromatherapy was given to the two respondents.*

Keywords: *caesarean section delivery, pain, lavender aromatherapy*