

PROVIDING LEMON AROMA THERAPY TO REDUCE NAUSEA AND VOMITING TO 1ST TRIMESTER PREGNANT WOMEN USING BOOKLET MEDIA

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SUMMARY

Nausea and vomiting are common complaints among pregnant women in the first trimester, which can impact the health of both the mother and the fetus, and may even develop into hyperemesis gravidarum if left untreated. One effective complementary therapy is lemon aromatherapy, as it can provide a relaxing effect and reduce symptoms of nausea and vomiting. To enhance the knowledge of pregnant women, practical and easy-to-understand educational materials are needed. A booklet was chosen because it is concise, clear, visually appealing, and can be studied independently, making it an effective health promotion tool. The aim is to provide information on the use of lemon aromatherapy as a means to reduce nausea and vomiting in pregnant women during the first trimester, and to encourage pregnant women to practice it independently at home through the booklet. The method used was the creation of educational media in the form of a booklet using Canva with a simple design, attractive illustrations, and systematically organized content. The results after testing with respondents were evaluated as informative, easy to understand, and engaging. The creation of this booklet demonstrates that it can effectively enhance pregnant women's knowledge and understanding of the use of lemon aromatherapy as a complementary therapy to reduce nausea and vomiting during the first trimester.

Keywords: Nausea and vomiting, Lemon aromatherapy