

ABSTRAK

PENGARUH PEMBERIAN AROMATERAPI BITTER ORANGE TERHADAP PENURUNAN TINGKAT NYERI PASIEN POST SC

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Nyeri luka post SC merupakan perasaan tidak nyaman yang timbul akibat operasi SC. Alternatif menurunkan nyeri secara nonfarmakologi dengan menggunakan aromaterapi *bitter orange*, kandungan limonele dan linoole dapat menimbulkan efek relaksasi dan nyaman. Tujuan penelitian ini adalah mengetahui pengaruh pemberian aromaterapi *bitter orange* terhadap penurunan tingkat nyeri pasien post SC di Rumah Sakit Sahabat Sukorejo Pasuruan. Metode penelitian menggunakan *Pre Experimental Designs (Nondesign)* dengan pendekatan *pre-test* dan *post-test*. Populasinya pasien post SC selama 1 bulan di Rumah Sakit Sahabat Sukorejo sebanyak 75 responden sehingga didapatkan sampel 35 responden yang diambil dengan *purposive sampling*. Variabel independennya pemberian aromaterapi bitter orange dan variabel dependennya tingkat nyeri pasien post SC. Data diambil dengan menggunakan NSC (*Numeric rating scale*) dan lembar observasi langsung ke pasien. Setelah terkumpul dilakukan pengolahan data dan dilanjutkan dengan uji statistika *paired t-test* dengan bantuan SPSS versi 29.0. Hasilnya penelitian menunjukkan $p(0,01) < (0,05)$, sehingga H_1 diterima artinya terdapat pengaruh pemberian aromaterapi *bitter orange* terhadap penurunan tingkat nyeri pasien post sc, dengan *mean* 2,91429, *standar deviation* 65849. Sehingga aromaterapi *bitter orange* dapat direkomendasikan dan diterapkan sebagai terapi nonfarmakologi untuk perawatan pasien post section caesarea.

Kata Kunci : nyeri post section caesarea, bitter orange, aromaterapi

ABSTRACT

THE EFFECT OF ADMINISTRATION OF BITTER ORANGE AROMATHERAPY ON REDUCING PAIN LEVELS IN POST SC PATIENTS

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Post SC wound pain is a feeling of discomfort that arises due to SC surgery. Alternatives to reduce pain nonpharmacologically by using bitter orange aromatherapy, the content of limonene and linalool can cause a relaxing and comfortable effect. The purpose of this study was to determine the effect of bitter orange aromatherapy on reducing the pain level of post SC patients at Sahabat Sukorejo Pasuruan Hospital. The research method used Pre Experimental Designs (Nondesign) with a pre-test and post-test approach. The population of post sc patients for 1 month at Sahabat Sukorejo Hospital was 75 respondents so that a sample of 35 respondents was taken by purposive sampling. The independent variable is the provision of bitter orange aromatherapy and the dependent variable is the pain level of post SC patients. Data were taken using NSC (Numeric rating scale) and direct observation sheets to patients. After collecting the data, data processing was carried out and continued with the paired t-test statistical test with the help of SPSS version 29.0. The results showed $p (0.01) < (0.05)$, so H_1 was accepted, meaning that there was an effect of giving bitter orange aromatherapy on reducing the pain level of post sc patients, with a mean of 2.91429, standard deviation 65849. So that bitter orange aromatherapy can be recommended and applied as a non-pharmacological therapy for the treatment of post section caesarea patients.

Keywords: post section caesarea pain, bitter orange, aromatherapy