

ABSTRAK

PENGARUH PEMBERIAN INHALASI AROMATERAPI *PEPPERMINT* TERHADAP PENURUNAN MUAL MUNTAH PASCA OPERASI

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Mual dan muntah pasca operasi atau *postoperative nausea and vomiting* (PONV) dapat menurunkan kenyamanan dan menghambat pemulihan pasien. Inhalasi aromaterapi *peppermint* berpotensi digunakan sebagai terapi komplementer untuk mengurangi keluhan tersebut. Penelitian ini bertujuan menganalisis pengaruh pemberian inhalasi aromaterapi *peppermint* terhadap penurunan mual muntah pada pasien pascaoperasi di Ruang Pemulihan Instalasi Bedah Sentral RSPAL dr. Ramelan Surabaya. Penelitian menggunakan desain pra-eksperimental dengan pendekatan *one-group pretest–posttest*. Populasi penelitian berjumlah 100 pasien pasca operasi dengan anestesi spinal. Sebanyak 40 responden dipilih menggunakan *purposive sampling* sesuai kriteria inklusi dan eksklusi. Tingkat mual muntah diukur sebelum dan sesudah intervensi menggunakan *Rhodes Index of Nausea, Vomiting, and Retching* (RINVR). Intervensi diberikan dengan meneteskan 2–3 tetes minyak esensial *peppermint* pada tisu atau kasa, kemudian dihirup pada jarak sekitar 5 cm selama 10 menit. Pengukuran ulang dilakukan 30 menit setelah intervensi. Sebelum intervensi, 90,0% responden mengalami mual muntah kategori berat dan 10,0% kategori sedang, dengan rata-rata skor RINVR 21,53. Setelah intervensi, 55,0% responden berada pada kategori sedang, 35,0% kategori ringan, dan 10,0% tidak mengalami mual muntah, dengan rata-rata skor 8,68. Hasil *Wilcoxon Signed Rank Test* menunjukkan $p < 0,001$ dan *effect size* $r = 0,877$. Temuan ini menunjukkan penurunan mual muntah yang bermakna dan efek yang besar setelah pemberian inhalasi aromaterapi *peppermint*. Intervensi ini dapat dipertimbangkan sebagai terapi komplementer pada pasien yang memenuhi kriteria keamanan, disertai pemantauan klinis dan tanpa menggantikan antiemetik. Penelitian selanjutnya disarankan menggunakan kelompok kontrol dan waktu observasi yang lebih panjang.

Kata kunci: aromaterapi *peppermint*; anestesi spinal; mual muntah pasca operasi; PONV; RINVR.

ABSTRACT

THE EFFECT OF PEPPERMINT AROMATHERAPY INHALATION ON REDUCING POSTOPERATIVE NAUSEA AND VOMITING

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Postoperative nausea and vomiting (PONV) can reduce patient comfort and delay recovery. Peppermint aromatherapy inhalation may be used as a complementary intervention to alleviate these symptoms. This study aimed to analyze the effect of peppermint aromatherapy inhalation on reducing nausea and vomiting among postoperative patients in the Recovery Room of the Central Surgical Installation at RSPAL dr. Ramelan Surabaya. A pre-experimental one-group pretest–posttest design was employed. The population comprised 100 postoperative patients who received spinal anesthesia, from whom 40 respondents were selected through purposive sampling according to the inclusion and exclusion criteria. Nausea and vomiting severity was assessed before and after the intervention using the Rhodes Index of Nausea, Vomiting, and Retching (RINVR). The intervention consisted of 2–3 drops of peppermint essential oil placed on a tissue or gauze and inhaled from approximately 5 cm for 10 minutes. Reassessment was conducted 30 minutes after the intervention. Before the intervention, 90.0% of respondents had severe symptoms and 10.0% had moderate symptoms, with a mean RINVR score of 21.53. After the intervention, 55.0% had moderate symptoms, 35.0% had mild symptoms, and 10.0% had no symptoms, with a mean score of 8.68. The Wilcoxon Signed Rank Test showed $p < 0.001$ and an effect size of $r = 0.877$. These findings indicate a significant reduction with a large effect following peppermint aromatherapy inhalation. This intervention may be considered a complementary therapy for eligible patients, accompanied by clinical monitoring and without replacing antiemetic treatment. Further controlled studies with longer observation periods are recommended.

Keywords: peppermint aromatherapy; postoperative nausea and vomiting; PONV; RINVR; spinal anesthesia.