

## ABSTRAK

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PENGARUH PEMBERIAN AROMATERAPI LEMON (*CITRUS LIMONIA*) TERHADAP MUNTAH DAN MUAL (*EMESIS GRAVIDARUM*) PADA IBU HAMIL TRIMESTER 1 DI PUSKESMAS KEDURUS

Pada fase awal tiga bulan kehamilan, perempuan mengandung kerap merasakan sensasi eneg serta pengeluaran isi lambung, kondisi yang berpotensi mengusik keselamatan janin maupun induk. Kajian ini menelaah kebermanfaatan wangi sitrus lemon sebagai upaya meredam gejala tersebut. Rancangan riset bersifat pra-eksperimental memakai pendekatan satu himpunan dengan pengukuran awal dan akhir. Pengambilan responden dilakukan secara sengaja di UPT layanan kesehatan Kedurus terhadap tiga puluh satu wanita hamil awal yang mengalami keluhan serupa. Terapi aroma lemon diaplikasikan berkesinambungan selama dua pekan, dua kali saban hari pada waktu dini dan petang, menggunakan cairan atsiri lemon yang diteteskan pada lembaran tisu ganda. Intensitas rasa mual serta muntah dinilai melalui instrumen PUQE dua puluh empat jam, lalu diolah memakai uji Friedman dengan taraf kepercayaan lima persen. Temuan memperlihatkan bahwa sebelum perlakuan, mayoritas peserta berada pada derajat keluhan parah. Pada pertengahan masa aplikasi, sebagian besar beralih ke kategori menengah, sedangkan menjelang akhir hampir seluruhnya menunjukkan tingkat ringan. Analisis statistik menegaskan adanya pengaruh bermakna penggunaan aroma lemon terhadap penurunan derajat keluhan. Dengan demikian, terapi wewangian lemon terbukti efektif membantu menekan muntah dan mual pada kehamilan awal, serta dianjurkan dipadukan dengan penguatan kesiapan psikis ibu. Pendekatan holistik ini selaras nilai budaya Melayu ilmiah serta praktik kebidanan kontemporer beretika, aman, berkelanjutan nasional.

Kata kunci: Aromaterapi lemon, Muntah dan mual, Ibu hamil trimester 1

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**THE EFFECT OF LEMON AROMATHERAPY (*CITRUS LIMONIA*) ON NAUSEA AND VOMITING (*EMESIS GRAVIDARUM*) IN PREGNANT WOMEN IN THE FIRST TRIMESTER AT THE KEDURUS COMMUNITY HEALTH CENTER**

*During the initial three-month phase of pregnancy, expectant women frequently experience sensations of nausea accompanied by gastric expulsion, a condition that may disturb the wellbeing of both fetus and mother. This study examined the potential usefulness of lemon citrus fragrance as an effort to alleviate such symptoms. The research employed a pre-experimental design using a single-group approach with baseline and final measurements. Participants were deliberately selected at the Kedurus primary healthcare unit and consisted of thirty-one women in early pregnancy experiencing comparable complaints. Lemon aromatherapy was administered continuously for two weeks, twice daily in the early morning and evening, utilising lemon essential oil dropped onto double-layered tissue. The severity of nausea and vomiting was assessed using the PUQE 24-hour instrument and analysed through the Friedman test with a five per cent significance level. Findings indicated that prior to the intervention, most participants were classified within the severe category. At the midpoint of application, the majority shifted to a moderate level, while towards the end almost all demonstrated mild severity. Statistical analysis confirmed a significant influence of lemon aromatherapy on the reduction of symptom intensity. Consequently, lemon fragrance therapy proved effective in decreasing nausea and vomiting during early pregnancy and is recommended to be combined with reinforcement of maternal psychological preparedness. This holistic approach aligns with scholarly Malay values and ethical, safe, and sustainable contemporary midwifery practice at the national level.*

*Keyword: Lemon Aromatherapy, Nausea, Vomiting, First-Trimester Pregnant Women*