

ABSTRAK

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EFEKTIFITAS AROMATERAPI NEROLI TERHADAP PENURUNAN INTENSITAS NYERI PERSALINAN KALA I FASE AKTIF IBU BERSALIN DI RSUD dr SAYIDIMAN MAGETAN

Nyeri persalinan merupakan masalah bagi ibu bersalin, yang dapat membentuk pengalaman emosional ibu selama proses persalinan. Aromaterapi merupakan salah satu metode nonfarmakologis sebagai upaya untuk menurunkan intensitas nyeri saat persalinan. Mencari tahu seberapa baik aromaterapi neroli bekerja guna menurunkan intensitas rasa sakit saat melahirkan selama tahap aktif pertama adalah target dari penelitian saat ini.

Penelitian ini bersifat kuasi-eksperimental dan menggunakan desain *pretest-posttest* dengan kelompok kontrol. Seluruh ibu bersalin di RSUD Dr. Sayidiman menjadi populasi penelitian. Sampel ibu yang menjalani tahap awal persalinan pada fase aktif terdiri dari 30 ibu yang memperoleh intervensi aromaterapi neroli dan 30 ibu yang tidak mendapatkan intervensi aromaterapi neroli. Pemilihan sampel pada penelitian ini menggunakan pendekatan *consecutive sampling*. Sebelum intervensi dilakukan dan sesudah intervensi, intensitas tingkat nyeri diukur menggunakan alat ukur *Visual Analog Scale* (VAS). Baik Wilcoxon dan Mann-Whitney U. Data penelitian diuji dengan uji Wilcoxon Signed-Rank untuk menguji perbedaan sebelum dan sesudah intervensi.

Penelitian ini memberikan bukti bahwa ibu bersalin di RSUD dr Sayidiman Magetan mayoritas ibu primipara yang berusia 20-25 tahun dan berpendidikan menengah. Sebelum dan sesudah intervensi, ada perbedaan ketidaknyamanan persalinan. Pada kontrol nyeri persalinan mengalami peningkatan. Aromaterapi neroli terbukti mampu mengurangi nyeri selama fase aktif kala I persalinan.

Memberikan aromaterapi neroli terbukti mampu mengurangi tingkat nyeri yang dialami ibu bersalin selama fase aktif dari kala I dalam proses persalinan. Saran: dapat dianggap sebagai intervensi nonfarmakologis yang berguna untuk diintegrasikan ke dalam praktik rangka kebidanan guna menjaga sakit rasa sepanjang proses.

Kata kunci: Nyeri Persalinan, Aromaterapi Neroli, Fase Aktif Kala I, Metode Nonfarmakologis.

ABSTRACT

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THE EFFECTIVENESS OF NEROLI AROMATHERAPY IN REDUCING LABOR PAIN INTENSITY DURING THE ACTIVE PHASE OF THE FIRST STAGE OF LABOR AT dr. SAYIDIMAN REGIONAL GENERAL HOSPITAL, MAGETAN

A major problem that affects delivering mothers and shapes their emotional experience during childbirth is labor discomfort. Aromatherapy is a non-pharmacological method to reduce the intensity of pain during labor. Finding out how well neroli aromatherapy works to reduce the intensity of labor pain during the first active stage is the goal of the current study.

This study used a quasi-experimental approach and included a pretest-posttest control group. The group consisted of all laboring mothers at Dr. Sayidiman Regional General Hospital. The sample of mothers who underwent the early stages of labor in the active phase consisted of 30 mothers who received neroli aromatherapy intervention and 30 mothers who did not receive neroli. Sample selection in this study used a consecutive sampling approach. Before the intervention and after the intervention, the intensity of the pain level was measured using the Visual Analog Scale (VAS) measuring tool. The data was assessed using the Wilcoxon Signed-Rank Test and the Mann-Whitney U Test. The research data was tested using the Wilcoxon Signed-Rank test to test the differences before and after the intervention

This study provides evidence that the majority of mothers giving birth at Dr. Sayidiman Hospital, Magetan are primiparous mothers aged 20-25 years and have secondary education. There was a significant difference in labor pain intensity both prior to and following the intervention. The control group experienced more labor discomfort. Neroli aromatherapy has been shown to reduce pain during the active phase of the first stage of labor.

Giving neroli aromatherapy has been proven to be effective in reducing the intensity of pain in mother giving birth during the active phase of the first stage of labor. Neroli aromatherapy may be considered a feasible non-pharmacological intervention to be integrated into midwifery practice to help manage pain during labor.

Keywords: Labor Pain, Neroli Aromatherapy, Active Phase of the First Stage, Non-Pharmacological Method.