

Provision of Lemon Aromatherapy for Reducing Nausea and Vomiting To Pregnant Women in First Trimester at PMB Hasnah Dewi Pekanbaru

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ABSTRACT

Nausea and vomiting is a natural phenomenon and common in the first trimester of pregnancy nausea usually occurs in the morning, but can also occur at any time and night. These symptoms occur approximately after 6 weeks from the first day of the last menstrual period and last for approximately 10 weeks. In the case of Emesis gravidarum that is not treated, it will cause symptoms pathological, namely, Hyperemesis gravidarum which if left unchecked will have bad consequences later, especially in the fetus or mother's pregnancy. This study aims to determine the Effectiveness of Giving Lemon Aroma Therapy with Reducing Nausea and Vomiting in First Trimester Pregnant Women at PMB Hasnah Dewi in 2021. This type of research is a quantitative analytic study. This research was conducted at PMB Hasnah Dewi. The population in this study were all first-trimester pregnant women who visited PMB Hasnah Dewi. The sample in this study were pregnant women in the first trimester who experienced nausea and vomiting who were found in the PMB Hanah Dewi Working Area, amounting to 15 people. Based on the results of research on the effectiveness of giving citrus aromatherapy to reduce nausea and vomiting in pregnant women in the first trimester, there were 15 pregnant women who obtained the Mean Rank pretest and posttest results for the experimental group (0,0001). It is hoped that PMB Hasnah Dewi can apply lemon aromatherapy to pregnant women to help reduce nausea and vomiting experienced by pregnant women.

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1. Introduction

Nausea (nause) and vomiting (emesis gravidarum) are normal symptoms and often found in the first trimester of pregnancy. Nausea usually occurs in the morning, but can occur at any time and night. These symptoms occur approximately after 6 weeks from the first day of the last menstrual period and last for approximately 10 weeks. Nausea and vomiting occur in 60-80% of primigravida and 40-60% occur in multigravida. One in a thousand pregnancies other symptoms become severe, most pregnant women 70-80% experience morning sickness and as many as 1-2% of all pregnant women experience extreme morning sickness. If complaints of nausea during pregnancy interfere with appetite so that the intake of nutrients consumed is reduced, pregnant women may require nutritional intake from additional supplements.

Nausea usually occurs in the morning but can also occur at any time and night. These symptoms usually occur at 6 weeks to 10 weeks of gestation. Emesis Gravidarum causes a decrease in appetite so that there is a change in the electrolyte balance with potassium, calcium, and sodium which causes changes in the body's metabolism. To overcome nausea and vomiting can be done by inhaling aromatherapy or fragrances such as eucalyptus oil or with lemon aromatherapy therapy. [1]

In case of Emesis gravidarum that is not treated, it will cause pathological symptoms, namely Hyperemesis gravidarum. Hyperemesis gravidarum is excessive nausea and vomiting in pregnant women to interfere with daily work because it generally becomes worse, due to dehydration. The cause of hyperemesis gravidarum is not known for certain, but it is thought to be caused by an increase in the

hormone estrogen and the hormone chorionic gonadotropin (HCG). In general, women can adjust to this condition, although symptoms of severe nausea and vomiting can last up to 4 months. Thus, daily work is disrupted and general conditions are bad. [2]

Lemon aromatherapy contains ingredients that can kill meningococcal (meningococcus) bacteria, typhoid bacteria, have antifungal effects and effective for neutralizing unpleasant odors, and produce anti-anxiety, anti-depressant, anti-stress effects, and help to be more focus in mind. [3]. Giving aromatherapy to pregnant women in the first trimester to reduce nausea and vomiting is carried out in pregnant women starting by assessing maternal nausea and vomiting before and after giving lemon aromatherapy, lemon aromatherapy is given to pregnant women who have nausea and vomiting 5 to 7 times. The concentration of lemon aromatherapy is given by mixing 0.1 ml of lemon essential oil into 1 ml of water, the concentration of lemon aromatherapy is based on research (Kaviani et al, 2014) then the mother inhales lemon aromatherapy placed in cotton as much as 3 drops with a distance of approx. 2 cm from the nose while inhaling aromatherapy for \pm 5 minutes and can be repeated if you still feel nauseated and vomiting. Then evaluated after 12 hours and observed for 1 week [4]

Based on this background, researchers conducted a study on giving lemon aromatherapy to decrease nausea and vomiting in first trimester pregnant women at PMB Hasnah Dewi Pekanbaru

2. Method

This type of research is a quantitative analytical research. This research was conducted at PMB Hasnah Dewi. The population in this study is all first-trimester pregnant women who visited PMB Hasnah Dewi. The sample in this study is a pregnant woman in the first trimester who experienced nausea found in the Working Area of PMB Hasnah Dewi which amounted to 15 people.

3. Results and Discussion

3.1 Research result

a. Bivariate Analysis

Table 1
Differences in Intensity Degrees of Nausea and Vomiting before and after giving the lemon aromatherapy

Lemon Aromatherapy	N	Mean	Std Deviation	Std Error Mean	P Value
Pretest	15	5.07	1.486	0.384	0.0001
Posttest	15	2.80	1.014	0.262	

The table above shows that the average intensity of nausea and vomiting before being given lemon aromatherapy is 5.07 with a standard deviation of 1.486 and 2.80 the average intensity of nausea and vomiting after being given lemon aromatherapy to pregnant women with a standard deviation of 1.014, the analysis obtained $p(0.0001) < (0.05)$.

Based on research on 15 respondents, it was found that there was a difference in nausea between before being given lemon aromatherapy and after being given lemon aromatherapy

3.2 Discussion

From the results of the study, it was found that the comparison of average nausea and vomiting before and after being given lemon aromatherapy, before being given lemon aromatherapy the average nausea and vomiting was 5.07 with a standard deviation of 1.486 and after being given lemon aromatherapy an average of 2.80 with a standard deviation of 1.014. $p(0.0001) < (0.05)$. This shows that there is a decrease in average nausea and vomiting before and after being given lemon aromatherapy to pregnant women at PMB Hasnah Dewi.

The results of the research above are supported by research conducted by "Chittumma et al. (2007), Comparison of the Effectiveness of Giving Lemon Aromatherapy to Reducing Nausea and Vomiting in First Trimester Pregnant Women," which resulted, the results of the analysis obtained that the level of nausea and vomiting was assessed using the Rhodes Index. Lemon aromatherapy significantly reduced the score of nausea and vomiting, respectively, ($p < 0.05$). Based on the results of Kia's research (2013), it shows that 40% of women use lemon scent to relieve nausea and vomiting, and more than half of those who have used it say it is effective. So based on this, the author concludes that there is an influence in

lemon aromatherapy care on reducing nausea and vomiting experienced by pregnant women in the first trimester with morning sickness.

It is also supported by research by Astriana, et. al, (2015), namely, there is an effect of inhaled lemon aromatherapy on nausea, 40% of women have used the scent of lemon to relieve nausea and vomiting, and 26.5% of them have admitted that citrus aromatherapy is an effective way to control symptoms of nausea and vomiting, so that can reduce the use of pharmacological drugs that have side effects. As well another study by Siti Cholifah (2019) stated that lemon aromatherapy was effective in reducing nausea and vomiting in first-trimester pregnant women seen from the prevalence after giving aromatherapy decreased to mild nausea and vomiting with a Mean + SD 13.67 + 4,071.

Based on the description above, the author assumes that there is effectiveness in reducing nausea and vomiting in pregnant women against giving lemon aromatherapy. Because from the results of the study, it was found that the average value of the intensity of nausea and vomiting of pregnant women decreased (8.00) concerning lemon aromatherapy.

Therefore, it would be better for the community, especially pregnant women, to overcome nausea in early pregnancy by using non-pharmacological complementary therapies first, such as lemon aromatherapy. Lemon aromatherapy can be consumed in the form of candy, boiled water, tea, or using inhalation therapy, and a diffuser in the form of lemon aromatherapy which is widely sold in cosmetic stores. It is hoped that this research can provide benefits and increase knowledge and pregnant women can apply how to treat nausea and vomiting traditionally, especially in first trimester pregnant women.

4. Conclusions

There is an effectiveness of giving lemon aromatherapy to reduce nausea and vomiting in pregnant women in the first trimester, from 15 pregnant women the results of the Mean Rank pretest were 5.07 with a standard deviation of 1.486 and posttest 2.80 with a standard deviation of 1.014.

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