



THE INFLUENCE OF LAVENDER AROMATHERAPY TO DECREASE of PAIN ON PATIENT POST-SECTIO CAESAREA (SC) OPERATIONS IN HOSPITAL ISLAMIC SAKINAH MOJOKERTO

Ima Rahmawati, Enny Virda Yuniarti

Stikes Bina Sehat PPNI Mojokerto

Email : syifa.enny79@gmail.com

ABSTRACT	Keywords
<p>Every surgery is always associated with an incision trauma for patients happened various complaints and symptoms. One of the most common complaints is a pain. One of the non-pharmacological therapy can be used to reduce the pain of postoperative patients section Caesarea by using relaxation techniques of lavender aroma therapy. The research purpose was to prove the influence of lavender aromatherapy on the decrease in pain of post operative patients section caesarian (sc). The research was a Pre-Experimental study with One Group Pretest-Posttest approach. The population of this study were all post operative patients section Caesarea with a sample of 25 respondents taken using purposive sampling. respondents were given lavender aromatherapy before surgery for 5 minutes. The data source uses primary data with instances of pain scale NRS (Numerical Rating Scale). Data analysis used Wilcoxon Signed Ranktest. The result of this research obtained before giving the aroma of lavender therapy on a post operative patient of section Caesarea as many as 15% respondents had mild pain and there was a change of pain scale after providingsmell of lavender therapy six respondents had mild pain. Wilcoxon statistic test result Rank test obtained p-value (Asymp.Sing.2- tailed) = 0,002 ($p < 0,05$), found the influence of aromatherapy of lavender to decrease thepain of post operative patient of section Caesarea (sc) in RSI Sakinah Mojokerto. Aroma lavender therapy can decrease pain because the content of the lavender is linalool acetate that can relax and relax the working system of muscles and muscles that tense.</p>	<p>Lavender Aromatherapy, Pain, Section Caesarea</p>

INTRODUCTION

Surgery is a treatment action that uses an invasive way by opening and displaying body parts to be handled. Any surgery associated with an incision that is a trauma to a patient who raises various complaints and symptoms. One of the most common complaints is a pain (Sjamsuhidajat, 2005). The form of illness experienced by clients after surgery is acute pain. Acute pain seriously threatens the

healing of postoperative clients, hampering the client's ability to be actively involved in mobilization, rehabilitation, and hospitalization. According to statistics Caesarea section are 3,509 cases such as 21% pelvic fetal distribution, 14% fetal distress, 11% placenta previa, 11% cesarean sera, 10% fetal abnormalities, preeclampsia and 7% hypertension with maternal mortality. Before it was correction 17% and after correction of 0.5% while fetal death

14.5% (Wiknjastro, 2005). The results of Amelia's study (2008) stated that the aroma of lavender therapy could reduce the intensity of labor pain in stage 1. This study was conducted on 18 mothers of the first stage. The average pain before and after aromatherapy was given 8.11 and 5.92 so there was a significant decrease in pain intensity of 2.19.

Pain can be overcome with the management of pain that is how to relieve pain or reduce pain to comfort level acceptable client (Yuniarti, 2017). Pain management includes two basic types of nursing intervention: pharmacological and non pharmacological interventions (Koizer, 2009). One of the non-pharmacological therapy to reduce pain is Aromatherapy. Aromatherapy is a complementary therapy in nursing practice and uses essential oils from the fragrance of plants to reduce health problems and improve quality of life. Sharma (2009) says that the smell directly affects the brain like analgesic drugs. For example, kissing lavender will increase alpha waves in the brain and help to feel relaxed.

METHODE

Design Pre-Experimental by using the One-Group Pre-Post Test Design approach. Independence variable is lavender aromatherapy and dependent variable is decrease of pain on patient post-sectio caesarea (SC) operations. The population in this study were all patients according to the criterion of the researcher. Sampling using non-probability sampling technique that is purposive sampling. The number of samples used in this study is the majority of post operative patients section Caesarea, i.e. 25 respondents. The measuring instrument uses NRS (Numerical Rating Scale). In this research, there has not been an ethical test

The statistical test in this study using Wilcoxon Signed Rank Test is to know the change of pain level before and after given intervention. H_0 is rejected, if $p\text{-value} < \alpha$ (0,05). Analyze this data using SPSS 16.0 program.

RESULT

General Data

Table 1 Frequency distribution of respondents

No	Respondent Characteristic	F	%
Age			
1.	<20	1	4,0
2.	20-35	21	84,0
3.	36-45	3	12,0
Previous Experience			
Sectio Caesarea			
1.	First	15	60
2.	Second	10	40
Total		25	100

Table 1 shows that most respondents with age 20-35 years that is 21 respondents (84.0%). Above shows the 15 respondents (84%) who have just done the delivery in Sectio Caesarea, and ten respondents (12%) have been through a second cesarean delivery.

Special Data

Table 2 Frequency distribution Pain level of postoperative patient Sectio Caesarea before being given Lavender Therapy Aroma at Islamic Hospital Sakinah Mojokerto

No	Pain scale	(f)	(%)
1	Mild	13	52,0
2	Severe	12	48,0
Total		25	100

Based on table 2 above shows that the level of postoperative pain client surgery section Caesarea before giving relaxation with aromatherapy aroma obtained from 25 respondents partially suffered moderate pain 13 people (52.0%), severe pain 12 people (48.0%).

Table 3 Frequency distribution Pain level of postoperative patient Sectio Caesarea after being given Lavender Therapy Aroma at Islamic Hospital Sakinah Mojokerto

No	Pain scale	(f)	(%)
1	Mild	6	28,0
2	Severe	12	48,0
3	Worst pain	7	28,0
	Total	25	100

Based on the above table 3 shows that the scale of postoperative pain client surgery section Caesarea after relaxation with aromatherapy from 25 respondents partially decreased pain, from mild painsix people (28%), moderate pain (48%), and pain weight controlled 7 (28%).

Table 4 Analysis of changes in postoperative pain level of Sectio Caesarea patients before and after being given Lavender Therapy Aroma at Islamic Hospital Sakinah Mojokerto

No	Pain scale	Pre-Test		Post-Test	
		F	%	F	%
1	Mild	0	0	6	28,0
2	Severe	13	52,0	12	56,0
3	Worst pain	12	48,0	7	16,0
	Total	25	100	25	100

Based on table 4 it is known that from 25 respondents before and after intervention Aroma Lavender Therapy there were 0 respondents with mild pain and after therapy got 6 (28,0%) respondents who had mild pain before therapy 13 respondent (52,0%) had moderate pain.

Based on Wilcoxon signed rank test results $p(0.002) < \alpha(0.05)$, meaning H_0 rejected which means there is Effect of Giving Aroma Lavender Therapy Against Pain Reduction Patient Post Operation Sectio Caesarea (sc).

DISCUSSION

Based on table 3 above shows that the level of postoperative pain client surgery section Caesarea before giving relaxation with aromatherapy aroma obtained from 25 respondents partially suffered moderate pain 13 people (52.0%), severe pain 12 people (48.0%).

The factors that affect the pain include age, gender, culture, the meaning of pain, anxiety, coping mechanisms, fatigue, previous experience, family and social support (Windartik, 2017).

From the distribution data in table 1 shows that almost all respondents with age of 20-35 years counted 21 respondents (84%). This could be due to adult people sometimes report pathological pain and malfunction, according to the theory (Smalter& Bare, 2002) who say that the effect of age on the perception of pain is not widely known. (Aritonang, 2010) explains that younger pain patients have more emotionally focused coping compared with older patients.

Table 2 based on previous experience indicates that 15 respondents (84.0%) have just had their first cesarean delivery and ten respondents (12.0%) have had a cesarean section. Andarmoyo (2013) states that previous operating pain experiences sometimes increase the stress on the postoperative period. Because in the post-operation period the patient will ask for the effectiveness and procedure of the improvement of the pain and each will certainly learn from the previous pain experience, if the individual has never felt post-surgery pain then the first perception felt by the individual is very disturbing hoping against pain.

Based on the above table 3 shows that the scale of postoperative pain client surgery section Caesarea after relaxation with aromatherapy from 25 respondents partially

decreased pain, from mild pain six people (28%), moderate pain (48%), and pain weight controlled 7 (28%).

Based on table 4 shows that from 25 respondents before and after the intervention given aroma therapy lavender found that before given the aroma of lavender therapy. 0 respondents experienced mild pain, and after given aroma therapy lavender got six respondents (28%) who experienced mild pain. Before giving the aroma of lavender therapy with the level of moderate pain administered as much as 13 respondents (52%) and after giving the aroma of lavender therapy. It was obtained 12 (56%) respondents before therapy was given the level of severe controlled pain 12 respondents (48%) and after therapy was obtained seven respondents (16%). The 13 respondents (52%) who experienced moderate pain, five respondents found that the decrease of pain became lightweight eight other respondents experienced moderate or moderate pain. And 12 respondents who experienced severe pain five respondents experienced decreased pain from heavy to mild, and eight others experienced pain permanently.

Based on Wilcoxon signed rank test result, the value of Z is -3.051 and shows the value of $p(0,002) < \alpha(0,05)$ so that mean H_0 is rejected, there is Influence of Aroma Therapy of Lavender Therapy on Pain Reduction Post Patient Operation Sectio Caesarea (Sc). This can happen because the aroma of lavender therapy is a traditional treatment or alternative therapy to reduce post-operative pain section Caesarea, where the use of aroma therapy inhalation will enter the limbic system so that later will be processed and smelled. Where at the moment we inhale an aroma of the chemical component will open the bulbous olfactory, then to the limbic system and the brain, where the limbic system as the center of pain, pleasure, anger, fear, depression, and

various other emotions. And the role of this limbic system can receive summa information from the system of hearing, system sight and olfactory system.

CONCLUSION

The existence of the Effect of Giving Aroma of Lavender Therapy to the Pain Reduction of Post Patient Operation of Sectio Caesarea (Sc) at Islamic Hospital Sakinah Mojokerto, It is expected that relaxation techniques with the use of aroma of lavender therapy are used as an alternative independent nursing action that can be used by nurses to ease the pain of postoperative patients Sectio Caesarea.

For further research is expected to supervise a researcher of one respondent who performs relaxation techniques by using aroma therapy lavender, so that respondents can implement relaxation techniques by the procedure

It is desirable that the patient of SecaCaesarea is enthusiastic to perform relaxation techniques inhalation by using aromatherapy that has a sedative effect that can control the emotional and pain, but it is better to relax relaxation techniques lavender aromatherapy is not recommended in patients who have allergies or history

REFERENCES

- Amelia, S .2008.effectiveness of lavender aromatherapy to reduce pain Kala 1. *FDK Journal. Medan*.FDK
- Andarmoyo, S. 2013, the concept and process of nursing pain. *Yogyakarta : Ar-Ruzz*
- Aritonang, Lerbin R. 2010.measurement of pain analysis, Yogyakarta.
- Koizer, Erb, Berman, Snyder. 2009. *Fundamental of nursing; concept, Process & Practice*. Jakarta. EGC

- Sharma, S. 2009. *aroma therapy* Tangerang. Karisma.
- Sjamsuhidajat R, de Jong W. 2005. *surgical textbook*. Jakarta. EGC.
- Smeltzer, Suzanne C dan Bare, B.G. 2002. *surgical medical nursing textbooks*. Jakarta. EGC
- Wiknjosastro, H. 2005. In *Midwifery*. Jakarta. Yayasan Bina Pustaka Sarwono Prawirohardjo.
- Windartik E, Yuniarti EV, Akbar A. Effectiveness of Relaxation Handheld Fingertechnique and Benson Relaxation to the Changes Level of Post Operative Pain Sectio Caesarea in Rsi Sakinah Mojokerto. *International Journal of Scientific Research and Management*. 2017 Sep 20;5(9):7107-11.
- Yuniarti, E. V., Windartik, E., & Akbar, A. Effect Of Red Ginger Compress To Decrease Scale Of Pain Gout Arthritis Patients. *International Journal of Technology Research*. 2017 Sep 2017.