

ABSTRACT

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THE EFFECT OF ADMINISTRATION OF LEMON AND PEPPERMINT AROMATHERAPY ON COMPLAINTS OF EMESIS GRAVIDARUM IN 1ST TRIMESTER PREGNANT WOMEN (<i>Study at the Gulbung Pangarengan Polindes, Sampang Regency</i>)	
ABSTRACT <i>Pregnancy is usually followed by discomfort that is usually experienced by pregnant women, one of which is nausea and vomiting. Based on a preliminary study of 10 pregnant women in the first trimester at the Polindes in Kulbung village, it was found that 20% experienced changes in mood and 80% experienced nausea and vomiting. One way that can be done is to provide lemon and peppermint aromatherapy to provide a sense of calm. The aim of this research was to determine the effect of providing lemon and peppermint aromatherapy to pregnant women on complaints of emesis gravidarum.</i> <i>The research design used a quasy experimental design, Population 60 pregnant women trimester 1 with a total sample of 32 taken, namely as many as 16 respondents in the lemon aromatherapy group and 16 respondents in the peppermint aromatherapy group with sampling techniques using simple random. The independent variable of this study was lemon and peppermint aromatherapy and the depedent variable was emesis gravidarum. The instrument used was the Pregnancy Unique Quantification Of Emesis (PUQE) questionnaire.) Statistical tests using the wilcoxon test with the results (p value > a 0.05). The research has been declared ethically sound by Noor Huda Mustofa University. No. 2759/KEPK/UNIV-NHM/EC/VII/2025</i> <i>The results of the study showed that based on the Mann-Whitney statistical test with test results (p = 1.000) > (a = 0.05). Therefore, it was concluded that there was no difference in emesis gravidarum in the group given lemon and peppermint aromatherapy in pregnant women in the first trimester.</i> <i>It is recommended for pregnant women in the 1st trimester as an effective way to reduce nausea and vomiting by doing lemon and peppermint aromatherapy therapy.</i>	
Keywords : Ist Trimester Pregnant Women, Emesis Gravidarum, Lemon Aromatherapy, Peppermint Aromaterapy	