THE EFFECT OF LEMON AROMATHERAPY INHALATION ON REDUCING EMESIS GRAVIDARUM COMPLAINTS IN FIRST TRIMESTER PREGNANT WOMEN AT PUSKESMAS PAJANG

Fatimah Tu Zahra[1], Istiqomah Risa Wahyuningsih[2]
202216015@students.unisa-surakarta.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Emesis gravidarum affects approximately 85% of pregnant women worldwide. In Indonesia, the prevalence reaches 50-75% in the first trimester, with higher rates among primigravidas. The standard treatment at Puskesmas Pajang, oral vitamin B6, proved suboptimal as it was frequently vomited back by patients. Lemon aromatherapy is a safe, easily applicable, and evidenced-based non-pharmacological therapy effective in reducing emesis gravidarum complaints.* ***Objective:*** *To determine the effect of lemon aromatherapy inhalation on reducing emesis gravidarum complaints among first trimester pregnant women at Puskesmas Pajang.* ***Methods:*** *This study used a pre-experimental design with a one group pretest-posttest approach. A total of 31 first trimester pregnant women experiencing emesis gravidarum were recruited through total sampling. The intervention consisted of inhaling 3 drops of pure lemon essential oil on cotton for 5 minutes, administered twice daily for 7 consecutive days. The degree of emesis gravidarum was measured using the PUQE-24 (Pregnancy-Unique Quantification of Emesis and Nausea) instrument. Data were analyzed using the Wilcoxon Signed Rank Test.* ***Results:*** *Prior to intervention, the majority of respondents experienced moderate emesis gravidarum (28 respondents, 90.3%) with a mean PUQE-24 score of 8.48 ± 1.805. Following intervention, the distribution shifted to mild in 18 respondents (58.1%), no emesis in 6 respondents (19.4%), and moderate in 7 respondents (22.6%), with a mean PUQE-24 score of 5.32 ± 1.720. The Wilcoxon test yielded $Z = -4.925$ with $p = 0.000$ ($p < 0.05$).* ***Conclusion:*** *There is a statistically significant effect of lemon aromatherapy inhalation on reducing emesis gravidarum complaints among first trimester pregnant women at Puskesmas Pajang.*

Keywords: *Lemon Aromatherapy, Emesis Gravidarum, First Trimester Pregnant Women, PUQE-24.*