

## ABSTRAK

Hiperemesis gravidarum adalah suatu kondisi dimana ibu hamil mengalami mual dan muntah yang berlebihan sehingga dapat memperburuk kesehatan ibu dan janinnya. Oleh karena itu dalam upaya promotif dan preventif terhadap hiperemesis gravidarum perlu penanganan awal dari gejala mual dan muntah fisiologis sehingga tingkat emesis pada ibu hamil tidak berlebihan sampai terjadi hiperemesis gravidarum. Ibu hamil diharapkan dapat menggunakan terapi nonfarmakologis terlebih dahulu untuk menangani emesis seperti aromaterapi lavender atau yoga. Penelitian ini bertujuan untuk mengetahui perbedaan pemberian aromaterapi lavender dan yoga terhadap kejadian emesis pada ibu hamil.

Penelitian ini merupakan penelitian *quasi-experimental* dengan rancangan *two-group pretest-posttest design*. Sampel penelitian ini adalah ibu hamil yang memeriksakan diri di Klinik Anugrah Pratama Surabaya yang memenuhi kriteria inklusi sebanyak 26 responden, diambil menggunakan *Purposive sampling*. Responden dibagi 2 kelompok, 13 mendapatkan aromaterapi lavender dan 13 orang lainnya mendapatkan yoga. Kejadian emesis pada ibu hamil merupakan variabel dependen dan aromaterapi lavender dan yoga dipilih sebagai variabel independen. Instrumen pengumpulan data menggunakan kuesioner *Rhodes INVR/Rhodes Index for Nausea, Vomiting and Retching*. Data dianalisis secara bivariat menggunakan uji *Wilcoxon Signed Rank Test* dan uji *Mann-Whitney U Test*.

Hasil penelitian menunjukkan bahwa setelah pemberian aromaterapi lavender tingkat mual dan muntah responden hampir setengah tidak mual-muntah dan responden yang menerima yoga hampir setengah mual-muntah ringan. Hasil uji statistik menunjukkan pengaruh aromaterapi lavender terhadap kejadian emesis pada ibu hamil ( $p=0,008$ ) dan pengaruh yoga terhadap kejadian emesis pada ibu hamil ( $p=0,007$ ).

Berdasarkan dari hasil penelitian yang telah dilakukan dapat disimpulkan bahwa tidak ada perbedaan pemberian aromaterapi lavender dan yoga terhadap kejadian emesis pada ibu hamil. Disarankan untuk melakukan penelitian lebih lanjut tentang terapi nonfarmakologi yang lebih efektif untuk menurunkan kejadian emesis pada ibu hamil.

*Kata Kunci: Aromaterapi Lavender, Yoga, Emesis, Ibu Hamil*

## ABSTRACT

Hyperemesis gravidarum is a condition in which pregnant women experience excessive nausea and vomiting that can worsen the health of the mother and fetus. Therefore, in promotive and preventive efforts against hyperemesis gravidarum, it is necessary to treat early symptoms of physiological nausea and vomiting so that the level of emesis in pregnant women is not excessive until hyperemesis gravidarum occurs. Pregnant women are expected to use non-pharmacological therapies to treat emesis, such as lavender aromatherapy or yoga. This study aims to determine the difference between giving lavender aromatherapy and yoga to the incidence of emesis in pregnant women.

This research is a quasi-experimental study with a two-group pretest-posttest design. The sample of this study were pregnant women who checked themselves at the Anugrah Pratama Clinic Surabaya who met the inclusion criteria as many as 26 respondents, taken using purposive sampling. Respondents were divided into 2 groups, 13 received lavender aromatherapy and 13 others received yoga. The incidence of emesis in pregnant women was the dependent variable and lavender aromatherapy and yoga were chosen as independent variables. The data collection instrument used a Rhodes INVR/Rhodes Index for Nausea, Vomiting and Retching questionnaire. Data were analyzed bivariately using the Wilcoxon Signed Rank Test and the Mann-Whitney U Test.

The results showed that after giving lavender aromatherapy, almost half of respondents did not experience nausea and vomiting and almost half of those who received yoga had mild nausea and vomiting. The results of statistical tests showed the effect of lavender aromatherapy on the incidence of emesis in pregnant women ( $p = 0.008$ ) and the effect of yoga on the incidence of emesis in pregnant women ( $p=0.007$ ).

Based on the results of the research that has been done, it can be concluded that there is no difference between giving lavender aromatherapy and yoga to the incidence of emesis in pregnant women. It is recommended to conduct further research on more effective non-pharmacological therapies to reduce the incidence of emesis in pregnant women.

*Keywords: Lavender Aromatherapy, Yoga, Emesis, Pregnant Women*