

Abstrak

PENGARUH PEMBERIAN AROMATERAPI MINYAK ATSIRI DAUN MINT TERHADAP PENURUNAN MUAL MUNTAH PASCAKEMOTERAPI KANKER DI RSUD PROF. DR. MARGONO SOEKARJO PURWOKERTO

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Latar belakang: Kemoterapi menimbulkan efek mual muntah. Aromaterapi merupakan terapi komplementer yang aman untuk mengurangi mual muntah.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pemberian aromaterapi minyak atsiri daun mint terhadap penurunan mual muntah pascakemoterapi kanker.

Metode: Penelitian ini menggunakan desain *quasy experiment* metode *pre and post test with control group design*. Teknik pengambilan sampel menggunakan *consecutive sampling* dengan kurun waktu 6 minggu. Responden penelitian ini adalah pasien kanker yang menjalani kemoterapi dan mengalami mual muntah. Terbagi atas kelompok intervensi (17 responden) dan kelompok kontrol (17 responden). Instrumen penelitian menggunakan kuesioner mual muntah modifikasi dari *Rhodes index nausea, vomiting, and retching (Rhodes INVR)*.

Hasil: Hasil Penelitian ini terdapat perbedaan yang bermakna rerata mual muntah *pre* dan *post* pemberian aromaterapi minyak atsiri daun mint ($p=0,004$). Tidak terdapat perbedaan yang bermakna rerata mual muntah *pre* dan *post* pada kelompok kontrol ($p=0,129$). Tidak terdapat perbedaan yang bermakna rerata mual muntah sesudah pemberian aromaterapi minyak atsiri daun mint antara kelompok intervensi dan kontrol ($p=0,234$).

Kesimpulan: Metode pemberian aromaterapi minyak atsiri daun mint kurang efektif menurunkan mual muntah pasien kemoterapi

Kata kunci: Aromaterapi, Kemoterapi, Minyak Atsiri Daun Mint, Mual, Muntah

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Abstract

EFFECT OF MINT LEAVES ESSENTIAL OIL AROMATHERAPY TO REDUCE THE POST CHEMOTHERAPY NAUSEA AND VOMITING OF CANCER IN HOSPITALS PROF. DR. MARGONO SOEKARJO PURWOKERTO

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Background: Chemotherapy causes side effects nausea vomiting. Aromatherapy is a complementary therapy that is safe to reduce nausea vomiting.

Purpose: This research aim to determine the effect of mint leaves essential oil aromatherapy to reduce the post chemotherapy nausea vomiting of cancer.

Methods: This study used a quasy experiment with pre and posttest with control group design. The sampling technique used consecutive sampling with a period of 6 weeks. Respondents of this study were cancer patients who underwent chemotherapy and experienced nausea vomiting. Divided into intervention group (17 respondents) and control group (17 respondents). The research instrument used nausea vomiting questionnaires modified from *Rhodes index nausea, vomiting, and retching (Rhodes INVR)*.

Results: The result of this study was significant difference in nausea vomiting scores pre and post of aromatherapy essential oils of mint leaves ($p = 0.004$). There was not significant difference in nausea vomiting scores pre and post in the control group ($p = 0.129$). There was not significant difference in mean nausea vomiting after mint leaves essential oil aromatherapy between the intervention and control groups ($p = 0.234$).

Conclusion: Mint leaves essential oil aromatherapy method is less effective in reducing nausea vomiting of chemotherapy patients

Keywords: Aromatherapy, Chemotherapy, Mint Leaves Essential Oil, Nausea, Vomiting

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