

PERBEDAAN PENGARUH PEMBERIAN AROMATERAPI LAVENDER SELAMA 15 MENIT DAN 30 MENIT TERHADAP PENURUNAN NYERI PADA PASIEN KANKER

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ABSTRAK

Latar Belakang : Nyeri merupakan keluhan yang paling sering diutarakan oleh penderita kanker. Aromaterapi lavender dengan berbagai durasi bermanfaat untuk mengurangi nyeri.

Tujuan : Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh pemberian aromaterapi lavender selama 15 menit dan 30 menit terhadap penurunan nyeri pada pasien kanker.

Metode : Penelitian ini menggunakan *quasi experimental design non-randomized pretest-posttest with control group design*. Pengambilan sampel menggunakan *consecutive sampling*. Besar sampel adalah 30 orang. Analisis data menggunakan uji *Wilcoxon* dan *Mann-whitney*.

Hasil : Mayoritas responden penelitian ini adalah perempuan (63,3%). Median usia pada kelompok aromaterapi lavender 15 menit dan 30 menit yaitu 51,00 dan 53,00. Jenis kanker yang paling banyak diderita responden adalah kanker kolorektal. Sebelum perlakuan, median skala nyeri responden pada kedua kelompok adalah 5 (nyeri sedang). Namun, setelah perlakuan terdapat perbedaan median skala nyeri pada kelompok aromaterapi lavender 15 menit dan 30 menit, yaitu 4 dan 3. Hasil analisis uji *Wilcoxon* menunjukkan nilai $p = 0,001$ untuk kelompok aromaterapi lavender 15 menit dan nilai $p = 0,000$ untuk kelompok aromaterapi lavender 30 menit. Sedangkan hasil analisis uji *Mann-whitney* menunjukkan nilai $p = 0,197$.

Kesimpulan : Aromaterapi lavender selama 15 menit dan 30 menit efektif dalam mengurangi nyeri pada pasien kanker.

Kata Kunci : aromaterapi lavender, nyeri, kanker

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THE DIFFERENCES IN THE EFFECT OF LAVENDER AROMATHERAPY FOR 15 MINUTES AND 30 MINUTES ON PAIN REDUCTION IN CANCER PATIENTS

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ABSTRACT

Background: Pain is the most common complaints expressed by cancer patients. Lavender aromatherapy with a variety of durations can be used to reduce pain.

Objective: This research aimed to determine the differences in the effect of lavender aromatherapy for 15 minutes and 30 minutes on pain reduction in cancer patients.

Method: This research used quasi experimental design non-randomized pretest-posttest with control group design. The sampling of this research used consecutive sampling. The sample size was 30 people. Data were analyzed with using Wilcoxon and Mann-Whitney tests.

Result: The majority of respondents in this research were female (63.3%). The median ages of lavender aromatherapy for 15 minutes and 30 minutes groups were 51.00 and 53.00, respectively. The most common type of cancer suffered by the respondents was colorectal cancer. Prior to treatment, the pain scale median of respondents in both groups was 5 (moderate pain). However, after treatment there were differences in the pain scale median on lavender aromatherapy for 15 minutes and 30 minutes groups, which were 4 and 3, respectively. The analysis result of Wilcoxon test indicated the value of $p = 0.001$ for 15 minutes lavender aromatherapy group and $p = 0.000$ for 30 minutes lavender aromatherapy group, while the analysis result of Mann-Whitney test indicated the value of $p = 0.197$.

Conclusion: Lavender aromatherapy for 15 minutes and 30 minutes were effective on reducing pain in cancer patients.

Keywords: lavender aromatherapy, pain, cancer

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