

## **ABSTRAK**

**SEKOLAH TINGGI ILMU KESEHATAN (STIK)  
BINA HUSADA PALEMBANG  
PROGRAM STUDI KEPERAWATAN  
Skripsi, Februari 2024**

**Rizky Oktaviani**

**Pemberian Aromaterapi Lavender Terhadap Nyeri Kepala Dengan Hipertensi  
diruang Rawat Inap Rumkit TK IV 02.07.02 Lahat**

**(xvii + 58 halaman + 7 tabel + 10 lampiran)**

Hipertensi adalah suatu keadaan dimana seseorang mengalami peningkatan tekanan darah diatas normal yang dapat mengakibatkan angka kesakitan (morbiditas) dan angka kematian (mortalitas). Setiap orang dapat mengalami nyeri kepala bila tekanan darah didalam tubuhnya meningkat, dapat juga nyeri kepala dipengaruhi oleh faktor faktor lain. Terapi nonfarmakologi yang dapat digunakan dalam mengatasi nyeri kepala diantaranya adalah aromaterapi

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian aromaterapi lavender terhadap nyeri kepala pada penderita hipertensi. Desain yang digunakan dalam penelitian ini merupakan *pre eksperiment one group pre test-post test* penelitian ini dilaksanakan di Rumkit TK IV 07.02.07 Lahat. Sampel penelitian ini berjumlah 20 orang.

Hasil analisa univariat nilai mean tekanan darah sebelum diberikan aromaterapi lavender yaitu 4,65 dengan median 5, standar deviasi 0,875, nilai minimum 3 dan maksimum 6 yaitu nyeri sedang dan nilai mean setelah diberikan aromaterapi lavender yaitu 2,60 dengan median 3, standar deviasi 0,503, nilai minimum 2 dan maksimum 3 yaitu nyeri ringan. Hasil penelitian berdasarkan analisis bivariat menggunakan Uji *Wilcoxon*, di dapatkan Nilai Probabilitas (*p*) adalah 0,000 dan probablitas tersebut menunjukkan  $p < 0,05$ .

Peneliti berharap dapat dijadikan sebagai acuan dalam pemberian pelayanan alternating bagi pasien hipertensi

**Kata Kunci : Aromaterapi Lavender, Nyeri**  
**Daftar Pustaka : 25 (2019-2024)**

## **ABSTRACT**

**HEALTH SCHOOL HEALTH SCIENCE  
BINA HUSADA PALEMBANG  
NURSING STUDY PROGRAM  
Student Thesis, February 2024**

**Rizky Oktaviani**

**Providing Lavender Aromatherapy for Headaches with Hypertension in the  
Rumkit TK IV 02.07.02 Lahat**

**(xvii + 58 pages+ 7 tables + 10 attachments)**

Headache appears as one of the clinical manifestations that is often experienced by patients with hypertension. Everyone can experience headaches if the blood pressure in their body increases, headaches can also be influenced by other factors. Management of headaches can currently be done using pharmacological and non-pharmacological therapy. Non-pharmacological therapy that can be used to treat headaches includes aromatherapy

This research aims to determine the effect of giving lavender aromatherapy on headaches in hypertension sufferers. The design used in this research was a pre-experimental one group pre test-post test. This research was carried out at Rumkit TK IV 02.07.02 Lahat. The sample for this research consisted of 20 people.

The results of the univariate analysis, the mean value of blood pressure before being given lavender aromatherapy was 4.65 with a median of 5, a standard deviation of 0.875, a minimum value of 3 and a maximum of 6, namely moderate pain and the mean value after being given lavender aromatherapy was 2.60 with a median of 3, a standard deviation of 0.503, minimum value 2 and maximum 3, namely mild pain. The research results were based on bivariate analysis using the Wilcoxon Test, the probability value (p) was 0.000 and the probability showed  $p < 0.05$ .

Researchers hope that it can be used as a reference in providing alternative services for hypertension patients

**Key Words : Aromaterapi Lavender, Nyeri**  
**Reference : 25 (2019-2024)**