

DAFTAR PUSTAKA

- Agustin, R., Koeryaman, M. T., & DA, I. A. (2020). Gambaran Tingkat Cemas, Mobilisasi, dan Nyeri Pada Ibu Post Operasi Sectio Sesarea Di RSUD dr. Slamet Garut. *Jurnal Kesehatan Bakti Tunas Husada: Jurnal Ilmu-Ilmu Keperawatan, Analis Kesehatan Dan Farmasi*, 20(2), 223. <https://doi.org/10.36465/jkbth.v20i2.613>
- Aisyiah, Sukamti, N., & Rutiani, C. E. A. (2021). Analisis Faktor yang Berhubungan dengan Tingkat Kecemasan pada Ibu Bersalin Sectio Caesarea pada Era Pandemi di Rumah Sakit Restu Kasih Jakarta Tahun 2021. *Journal for Quality in Women Health*, 4(1), 131–137. <https://doi.org/10.30994/jqwh.v4i1.81>
- Alvonita, M. (2020). *Laporan Tugas Akhir Metode Literatur Gambaran Penerapan Teknik Relaksasi Genggam Jari Terhadap Penurunan Intensitas Nyeri Pada Pasien Post Operasi Sectio Caesarea* [Poltekkes Kemenkes Palembang]. <https://repository.poltekkespalembang.ac.id/items/show/2352>
- Amalia, F., & Hidayah, R. (2022). Deep Relaxation Techniques To Reduce Middle-Level Anxiety in the First Gestational Mother in the Taking-in Phase. *Nurse and Holistic Care*, 2(2), 60–69. <https://doi.org/10.33086/nhc.v2i2.3345>
- Amiyarti, L. G., Indriastuti, N. A., & Hernani, E. (2024). Pengaruh Intervensi Terapi Hypnobreastfeeding Terhadap Tingkat Kecemasan pada Ibu Primipara Pasca Operasi Sectio Caesarea. *Jurnal Medika Nusantara*, 2(2), 64–74. <https://doi.org/10.59680/medika.v2i2.1118>
- Andreani, A. L., Khaira, A., Sabila, L., Liputo, M. N. T., Azzahra, R. Y., Hadayani, S., Khairiah, A., & Priyanti. (2022). Ulasan Efektivitas Ekstrak Lavender (*Lavandula angustifolia*) Terhadap Nyamuk (*Culex sp.*) Sebagai Diffuser Organik Pada Masyarakat Jakarta dan Padang. *Prosiding SEMNAS BIO 2022 UIN Syarif Hidayatullah Jakarta*, 1(11), 231–241.
- Arman, R. N. A. (2023). Asuhan Keperawatan Maternitas Pada Ny.S Dengan Diagnosa Medis P3013 Post Sectio Caesarea H-0 Atas Indikasi Letak Sungsang + MOW di Ruang F1 RSPAL Dr Ramelan Surabaya. In *Sekolah Tinggi Ilmu Kesehatan Hang Tuah Surabaya*. https://repository.stikeshangtuah-sby.ac.id/id/eprint/1320/1/2230089_Rahma_NAA_KIA.pdf
- Aulia, L. D., Khasanah, S. S., Suryanto, D. A., Indra, F. A. P., Andarini, S., & Kusumasari, I. R. (2025). Pengembangan Produk Aromaterapi AURUME sebagai Alternatif Relaksasi Non-Medis yang Ramah Lingkungan. *Jurnal Pemberdayaan Ekonomi Dan Masyarakat*, 2(3), 1–13.

<https://doi.org/10.47134/jpem.v2i3.729>

- Azizah, L. W. N., Irdawati, I., & Putri, R. D. A. (2024). Pengaruh Pemberian Aromaterapi terhadap Kecemasan Hospitalisasi pada Anak. *MAHESA: Malahayati Health Student Journal*, 4(11), 5039–5045. <https://doi.org/10.33024/mahesa.v4i11.16110>
- Azizah, S. R. (2022). Pemanfaatan Essential Oils Sebagai Aromaterapi Dalam Perawatan Kulit. *MEDFARM: Jurnal Farmasi Dan Kesehatan*, 11(1), 62–77. <https://doi.org/10.48191/medfarm.v11i1.98>
- Bekele, Z., Ayana, M., Haile, M., Tesfaye, A., & Tasew, A. (2023). Incidence and predictors of postoperative severe acute pain within 24 hours after cesarean section performed under spinal anesthesia at public hospitals in West Shoa, Ethiopia, 2022 prospective cohort study. *Annals of Medicine & Surgery*, 85(9), 4239–4247. <https://doi.org/10.1097/ms9.0000000000001031>
- Bonanni, G., Longo, V. L., Airoldi, C., Meli, F., Familiari, A., Romanzi, F., Pellegrino, M., Visconti, D., Serio, A., Lanzone, A., & Bevilacqua, E. (2024). Is The Mental Health of Couples With Twins More at Risk? Results from an Italian Cohort Study. *Frontiers in Psychiatry*, 15(January), 1–10. <https://doi.org/10.3389/fpsyt.2024.1284090>
- Burgess, A., Harris, A., & Wheeling, J. (2022). A Pilot Randomized Control Trial to Assess the Impact of Lavender on Anxiety and Comfort after Cesarean Birth and the Barriers Encountered. *MCN The American Journal of Maternal/Child Nursing*, 47(2), 85–91. <https://doi.org/10.1097/NMC.0000000000000803>
- Chand, S. P., & Marwaha, R. (2023). *Anxiety*. Treasure Island (FL): StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK470361/>
- Choi, S., Yoon, S. H., & Lee, H. J. (2024). Beyond measurement: a deep dive into the commonly used pain scales for postoperative pain assessment. *Korean Journal of Pain*, 37(3), 188–200. <https://doi.org/10.3344/kjp.24069>
- Cochrane Australia. (2024). *Systematic review of evidence on the clinical effectiveness of aromatherapy*. March. <https://www.health.gov.au/sites/default/files/2025-03/natural-therapies-review-2024-aromatherapy-evidence-evaluation.pdf>
- Crișan, I., Ona, A., Vârban, D., Muntean, L., Vârban, R., Stoie, A., Mihăiescu, T., & Morea, A. (2023). Current Trends for Lavender (*Lavandula angustifolia* Mill.) Crops and Products with Emphasis on Essential Oil Quality. *Plants*, 12(2). <https://doi.org/10.3390/plants12020357>
- Duch, P., Wikkelsø, A., Jorgensen, C., Jakobsen, J., & Mathiesen, O. (2025). Pain and adverse effects after caesarean delivery. *European Journal of Anaesthesiology*, 42(1), 1–11.

Mutia Maulida, 2026

PENERAPAN EVIDENCE BASED PRACTICE (EBP) AROMATERAPI LAVENDER TERHADAP NYERI DAN KECEMASAN PADA IBU POST SECTIO CAESAREA (SC) DI RSPAD GATOT SOEBROTO

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Pendidikan Profesi Ners Program Profesi
www.upnvj.ac.id–www.library.upnvj.ac.id–www.repository.upnvj.ac.id

https://journals.lww.com/ejanaesthesiology/abstract/9900/pain_and_adverse_effects_after_caesarean_delivery_.353.aspx

- Dunstan, D. A., Scott, N., & Todd, A. K. (2017). Screening for anxiety and depression: Reassessing the utility of the Zung scales. *BMC Psychiatry*, *17*(1), 1–8. <https://doi.org/10.1186/s12888-017-1489-6>
- Emrich, N. L. A., Tascón Padrón, L., Komann, M., Arnold, C., Dreiling, J., Meißner, W., Strizek, B., Gembruch, U., & Jiménez Cruz, J. (2023). Risk Factors for Severe Pain and Impairment of Daily Life Activities after Cesarean Section—A Prospective Multi-Center Study of 11,932 Patients. *Journal of Clinical Medicine*, *12*(22). <https://doi.org/10.3390/jcm12226999>
- Faisal. (2022). *Manajemen Nyeri*. Kementerian Kesehatan RI. https://keslan.kemkes.go.id/view_artikel/1052/manajemen-
- Fatimah, O. Z. S., Astuti, A. W., & Kurniawati, H. F. (2025). The Experience of Breastfeeding Among Mothers of Low Birth Weight (LBW) Infants in the Neonatal Intensive Care Unit (NICU). *Jurnal Kesehatan*, *18*(1), 25–37. <https://doi.org/10.23917/jk.v18i1.4505>
- Febriani, Y., Rasipin, R., & Runjati, R. (2020). Analysis Of Factors Related To Anxiety Level In Postpartum Mothers at Citra Insani Maternity Home, Semarang. *STRADA Jurnal Ilmiah Kesehatan*, *9*(2), 670–677. <https://doi.org/10.30994/sjik.v9i2.357>
- Garg, D., Chaudhury, S., Saldanha, D., & Kumar, S. (2022). Stress, Postpartum Depression, and Anxiety in Mothers of Neonates Admitted in the NICU: A Cross-Sectional Hospital-Based Study. *Industrial Psychiatry Journal*, 195–201. <https://doi.org/10.4103/ipj.ipj>
- Guevara, J., Carvalho, J. C. A., Downey, K., Ye, X. Y., Sharkey, A. M., & Arzola, C. (2021). Predicting Pain After Cesarean Delivery: Pressure Algometry, Temporal Summation, Three-item Questionnaire. *Canadian Journal of Anesthesia*, *68*(12), 1802–1810. <https://doi.org/10.1007/s12630-021-02105-z>
- Harahap, M. A., Gintings, A. F., Rangkuti, N. A., & Rangkuti, J. A. (2023). Pengaruh Teknik Relaksasi Genggam Jari Terhadap Tingkat Kecemasan Pada Pasien Post Operasi Sectio Caesarea [Universitas Aufa Royhan]. In *Jurnal Kesehatan Ilmiah Indonesia (Indonesian Health Scientific Journal)* (Vol. 8, Issue 1). <https://doi.org/10.51933/health.v8i1.1044>
- Herawati, I., Sari, P. N., & Ermanto, B. (2023). Effectiveness of Lavender Aromatherapy on Reducing Pain Intensity After 24 Hours Post Sectio Caesarea. *Jurnal Keperawatan Komprehensif*, *9*(June), 120–126.
- Herianti, Musdalifa, & Irinericy, R. (2025). Pengaruh Effleurage Massage terhadap Nyeri Afterpain pada Ibu Post Partum Multipara. *Journal of Innovative and*

Creativity, 5(2), 585–594.
<https://joecy.org/index.php/joecy/article/view/227/193>

Hutomo, C. S., Ariescha, P. A., Zuraidah, Sukaisi, Hutabarat, J., Aswan, Y., Sumaifa, Alfrianne, Safitry, R., & Gultom, L. (2023). *Buku Ajar Mekanisme Dalam Persalinan* (1st ed.). Yayasan Kita Menulis. <https://fkeb.delihusada.ac.id/wp-content/uploads/2024/11/FullBook-Mekanisme-Dalam-Persalinan.pdf>

Idyawati, S., Hikmah Annisa, N., Afrida, B. R., & Aryani, N. P. (2022). Correlation between Knowledge Level and Anxiety of Postpartum Mothers in Newborn Care at the Gerung Public Health Center. *Indonesian Journal of Midwifery (IJM)*, 5(2), 146–153. <http://jurnal.unw.ac.id/index.php/ijm>

International Association for the Study of Pain Terminology Working Group. (2020). IASP Revises Its Definition for the First Time Since 1979. *International Association for the Study of Pain*, 4. <http://186.42.188.158:8090/guias/TRATAMIENTO DEL DOLOR ONCOLOGICO EN ADULTOS.pdf>

Janssen, A. B., Savory, K. A., Garay, S. M., Sumption, L., Watkins, W., Garcia-Martin, I., Savory, N. A., Ridgway, A., Isles, A. R., Penketh, R., Jones, I. R., & John, R. M. (2018). Persistence Of Anxiety Symptoms After Elective Caesarean Delivery. *BJPsych Open*, 4(5), 354–360. <https://doi.org/10.1192/bjo.2018.48>

Keliat, B. A., Hamid, Achir, Y. S., Putri, Y. S. E., Daulima, N. H., Wardani, I. Y., Susanti, H., Hargiana, G., & Panjaitan, R. U. (2019). *Asuhan Keperawatan Jiwa* (B. A. Keliat, Soimah, M. Mlulia, I. R. Wibawa, K. Triyaspo, Rasmawati, & M. L. Khoirunnisa (eds.)).

Keliat, B. A., Mediani, H. S., & Susanto, T. (2020). *NANDA-I Diagnosis Keperawatan: Definisi dan Klasifikasi 2021-2023* (H. Herdman, S. Kamitsuru, & C. T. Lopes (eds.); 12th ed.). EGC.

Kementerian Kesehatan RI. (2023). Survei Kesehatan Indonesia (SKI). In *Kementerian Kesehatan RI. Kementerian Kesehatan RI*. <https://www.badankebijakan.kemkes.go.id/ski-2023-dalam-angka/>

Khimayasari, I. N., & Mualifah, L. (2023). Penerapan Mobilisasi Dini Terhadap Penurunan Skala Nyeri Pada Pasien Post Sectio Caesarea. *Borobudur Nursing Review*, 3(2), 61–68. <https://doi.org/10.31603/bnur.10670>

Komariah, M. (2022). Gambaran Kualitas Tidur Pasien Diabetes Melitus Dengan Penerapan Terapi SEFT (Spiritual Emotional Freedom Technique) di RSUD Dokter Soekarjo Kota Tasikmalaya [Politeknik Kesehatan Tasikmalaya]. In *Politeknik Kesehatan Tasikmalaya*. <http://repo.poltekkestasikmalaya.ac.id/1066/>

Mutia Maulida, 2026

PENERAPAN EVIDENCE BASED PRACTICE (EBP) AROMATERAPI LAVENDER TERHADAP NYERI DAN KECEMASAN PADA IBU POST SECTIO CAESAREA (SC) DI RSPAD GATOT SOEBROTO

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Pendidikan Profesi Ners Program Profesi
<http://www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id>

- Kurniawan, Y., Yulendasari, R., & Hermawan, D. (2024). Terapi Relaksasi Benson Terhadap Penurunan Nyeri Pada Pasien Post Operasi Apendektomi di Ruang Bedah RSUD Dr. H. Abdul Moeloek. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM)*, 7(9), 3932–3944. <https://doi.org/10.33024/jkpm.v7i9.15698>
- Liliana, N. W., Karuniadi, I. G. A. M., Purnamayanthi, P. P. I., & Ni Sumawati, M. R. (2024). The Effect of Guided Imagery Therapy on Pain After Sectio Caesarea Surgery at Sanjiwani Regional General Hospital, Gianyar. *Journal Center of Research Publication in Midwifery and Nursing*, 8(2), 23–33.
- Mahalaksmi, A. S., Nofiandita, A., Rania, A. P., Novian, F. K. W., Agustina, F. R., Fahima, H. A., Khairunnisa, N. Z., Asri, Q. M. Y., Fawwas, T. Al, Fa'jri, Y. D., & Yuni, P. (2024). Profil Pengetahuan dan Efektivitas Penggunaan Aromaterapi untuk Mengurangi Stres pada Masyarakat Usia Produktif. *Jurnal Farmasi Komunitas*, 11(1), 95–100. <https://orcid.org/0000-0002-6023-9326>
- Maharani, E. D. S., & Rejo, S. I. (2024). Pengaruh Pemberian Aromaterapi Lavender Essential Oil Untuk Menurunkan Skala Nyeri Post Sectio Caesarea. *Journal of Language and Health*, 5(2), 623–634. <https://jurnal.globalhealthsciencegroup.com/index.php/JLH/article/view/3577/2583>
- Mahdavikian, S., Fallahi, M., & Khatony, A. (2021). Comparing the Effect of Aromatherapy with Peppermint and Lavender Essential Oils on Fatigue of Cardiac Patients: A Randomized Controlled Trial. *Evidence-Based Complementary and Alternative Medicine*, 2021. <https://doi.org/10.1155/2021/9925945>
- Malik, M., Gasma, A., & Ningsi, A. (2022). Tingkat Kecemasan Ibu Postpartum Berhubungan Dengan Keterlambatan Pengeluaran ASI Pada Masa Pandemi Covid-19. *Jurnal Kebidanan Malakbi*, 3(1), 1–7. <https://jurnal.poltekkesmamuju.ac.id/index.php/b/article/view/439/172>
- Mariani, R., & Murhan, A. (2024). Pengaruh Terapi Musik Terhadap Penurunan Nyeri Pada Ibu Post Sectio Caesarea. *Jurnal Keperawatan Terapan*, 10(2), 91–95. <https://ojs.poltekkes-malang.ac.id/index.php/JKT/article/view/4323/874>
- Martínez-Galiano, J. M., Hernández-Martínez, A., Rodríguez-Almagro, J., Delgado-Rodríguez, M., & Gómez-Salgado, J. (2019). Relationship between parity and the problems that appear in the postpartum period. *Scientific Reports*, 9(1), 1–8. <https://doi.org/10.1038/s41598-019-47881-3>
- Mashamba, T. J. (2021). Caesar Section. *Intech Open*, 20(2). <https://doi.org/10.17816/kazmj76332>
- Mehdiratta, J. E., Saab, R., Chen, Z., Li, Y. J., & Habib, A. S. (2020). Patient and

procedural risk factors for increased postoperative pain after cesarean delivery under neuraxial anesthesia: a retrospective study. *International Journal of Obstetric Anesthesia*, 44, 60–67. <https://doi.org/10.1016/j.ijoa.2020.07.006>

Naili, N. K., & Prasetyorini, H. (2023). Penerapan Relaksasi Benson Untuk Menurunkan Nyeri Pada Pasien Dengan Post Operasi Sectio Caesarea. *Jurnal Manajemen Asuhan Keperawatan*, 7(1), 6–10.

National Health Service. (2022). *Overview - Generalised anxiety disorder in adults*. National Health Service United Kingdom. <https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/#:~:text=Anxiety is a feeling of,some point in their life>.

Ningtyas, N. W., Amanupunnyo, N. A., Manueke, I., Ainurrahmah, Y., Pramesti, D., Yuliana, Yanti, R. D., Ardilla, S. M., Samutri, E., Qorahman, W., Hesty, Wkawaty, F., Kusumahati, E., Fitria, K. T., & Laoh, J. M. (2023). *Bunga Rampai Manejemen Nyeri* (L. O. Alifariki & H. J. Siagian (eds.)). Media Pustaka Indo. http://elibrary.almaata.ac.id/4265/1/18.Ebook_Manajemen_Nyeri.pdf

Nisak, A. Z., Kusumastuti, D. A., & Munawati, M. (2023). Perbedaan Metode Konvensional Dan Eracs Dengan Tingkat Nyeri Pada Pasien Post Sectio Caesarea. *Jurnal Ilmu Keperawatan Dan Kebidanan*, 14(1), 261–268. <https://doi.org/10.26751/jikk.v14i1.1689>

Nouh, F. M., Abualruz, H., Mohamed, R. F., Yousef, A. A. E., Al Hrinat, J., Hendi, A. G., Ashour, E. S. S., Alzoubi, M., Al Rahbeni, T., Al-Mugheed, K., & Abdelaliem, S. M. F. (2025). Surgical Care Bundle: Effect on Post-Caesarean Wound Infection. *BMC Women's Health*, 25(1). <https://doi.org/10.1186/s12905-025-03771-7>

Nouira, M., Souayeh, N., Kanzari, S. A., Rouis, H., Lika, A., Mbarki, C., Rahali, F. Z., & Bettaieb, H. (2024). Aromatherapy Using Lavender Oil Effectiveness on Pain and Anxiety After C-Section: A Randomized Controlled Trial. *Journal of Epidemiology and Global Health*, 14(4), 1536–1544. <https://doi.org/10.1007/s44197-024-00305-6>

Nurfaidah, A., Kusumastuti, D. A., & Azizah, N. (2025). Hubungan Intensitas Nyeri Pada Ibu Post Sectio Caesarea Terhadap Durasi dan Frekuensi Menyusui Langsung. *Jurnal Ilmu Keperawatan Dan Kebidanan*, 16(2), 249–256. <https://doi.org/10.1002/9783527678679.dg09841>

Octaviani, N. A., Santi, M. Y., & Purnamaningrum, Y. E. (2022). Tingkat Kecemasan Ibu dan Pemberian ASI Eksklusif pada Masa Pandemi COVID-19. *Window of Health: Jurnal Kesehatan*, 5(3), 685–696. <https://doi.org/10.33096/woh.vi.22>

Ogata, K., Ataka, K., Suzuki, H., Yagi, T., Okawa, A., Fukumoto, T., Zhang, B.,

- Nakata, M., Yada, T., & Asakawa, A. (2020). Lavender Oil Reduces Depressive Mood in Healthy Individuals and Enhances the Activity of Single Oxytocin Neurons of the Hypothalamus Isolated from Mice: A Preliminary Study. *Evidence-Based Complementary and Alternative Medicine*, 1–9. <https://doi.org/10.1155/2020/5418586>
- Oktapia, M., Iskandar, S., Nafratilova, M., & Lasmadasari, N. (2022). Asuhan Keperawatan dengan Pemberian Terapi Relaksasi Nafas Dalam untuk Mengurangi Nyeri di Wilayah Kerja Puskesmas Telaga Dewa Kota Bengkulu. *Jurnal Ilmu Mandira Cendikia*, 1(3), 12–20. <https://journal-mandiracendikia.com/jik-mc>
- Oktavia, A. F., Sukarmin, & Soesanto, E. (2025). Pengaruh Terapi Relaksasi Benson Terhadap Penurunan Nyeri Pada Pasien Post SC H-1 Di Ruang Fatimah RSI Sunan Kudus. *Journal of Innovative and Creativity*, 5(2), 16840–16849. <https://joecy.org/index.php/joecy/article/view/2146/2158>
- Pinzon, R. T. (2016). Pengkajian Nyeri. In *Buku pengkajian nyeri*. Betha Grafika Yogyakarta. https://publikasi-fk.ukdw.ac.id/Buku_Pengkajian_Nyeri_Dr_Pinzon.pdf
- Polopadang, V., & Hidayah, N. (2019). *Proses Keperawatan Pendekatan Teori dan Praktik* (Fitriani & Risnawati (eds.); 1st ed.). Yayasan Pemberdayaan Masyarakat Indonesia Cerdas. https://repositori.uin-alauddin.ac.id/14154/1/Buku_Proses_Keperawatan.pdf
- Purwanti, A. P., Saputri, A. Y., & Panjaitan, E. A. (2021). Asuhan Keperawatan Sectio Caesarea Dengan Indikasi Pre-Eklamsia Berat. *Jurnal Mitra Kesehatan*, 4(1), 1–4. <https://doi.org/10.47522/jmk.v4i1.96>
- Putra, A. D. A. (2020). *Gambaran Tingkat Nyeri Pada Pasien Post Operasi Sectio Caesarea Dengan Spinal Anestesi* [Institut Teknologi dan Kesehatan Bali]. https://repository.itekes-bali.ac.id/medias/journal/17D10059_Anry_Dwi_Atma_Putra_B.pdf
- Putriyanti, A., Mulyani, Y., Yunita, S. R., Ernawati, Wilis, H., Rinaldi, M. D., Ulfah, R. R. M., Jungjungan, R. A., Budiana, W., & Septiani, Y. (2024). Review Jurnal: Pemanfaatan Lavender (*Lavandula Angustifolia* Mill.) Sebagai Aromaterapi. *Farmaka*, 22(3), 396–406.
- Rahayu, S. M., Sudiarto, Puspasari, F. D., Syahwal, M., Mayasari, D. I., Irawati, I., Yanti, N. L. G., Sesrianty, V., Tololiu, T. A., & Sulisyowati, P. (2024). *Konsep Dasar Keperawatan* (O. A. Widyayanti (ed.); Issue September). Media Pustaka Indo.
- Rahmat, A., Saputra, L., Pramatirta, A. Y., Sabarudin, U., Krisnadi, S. R., Susanto, H., & Effendi, J. S. (2018). Postpartum Anxiety Factors Involved Subjects Undergoing Cesarean Section as Analyzed by Zung Self Rating Anxiety Scale

- Beberapa Faktor yang Memengaruhi Kecemasan Pasien yang Menjalani Seksio Sesarea dengan Pemeriksaan Zung Self Rating Anxiety Scale. *Obgynia*, 1(1), 17–23.
- Rahmayani, S. N., & Machmudah, M. (2022). Penurunan Nyeri Post Sectio Caesarea Menggunakan Aroma Terapi Lavender di Rumah Sakit Permata Medika Ngaliyan Semarang. *Ners Muda*, 3(3). <https://doi.org/10.26714/nm.v3i3.8377>
- Ren, Y., Guo, Y., Tang, J., He, L., Li, M., Huang, X., Lu, Q., Sun, B., Feng, H., Liu, H., Du, J., & Li, J. (2024). Effect of Personality and Pain Catastrophizing on Postoperative Analgesia Following Cesarean Section: A Prospective Cohort Study. *Journal of Pain Research*, 17(January), 11–19. <https://doi.org/10.2147/JPR.S443230>
- Safitri, F. (2025). Pengaruh Pemberian Aroma Terapi Lavender Terhadap Pengurangan Nyeri Post Sectio Caesarea (SC) Di RSUD Sijunjung Tahun 2023. *JAKIA: Jurnal Kesehatan Ibu Dan Anak*, 1(2), 75–85. <https://doi.org/10.62527/jakia.1.2.34>
- Sagurawati, P. S. (2022). Peran Dan Fungsi Perawat Dalam Memberikan Pelayanan Keperawatan Paliatif Pada Pasien End Of Life di Instalasi Gawat Darurat. In *RSUP Dr. Hasan Sadikin Bandung*.
- Sangkum, L., Chalacheewa, T., Tunprasit, C., Lavanrattanakul, P., & Liu, H. (2024). Predicting the Severity of Acute Pain after Cesarean Delivery: A Narrative Review. *Current Pain and Headache Reports*, 28(12), 1241–1248. <https://doi.org/10.1007/s11916-024-01301-y>
- Saputri, I. R. D., Yuswanto, T. J. A., & Widodo, D. (2022). Efektivitas Guided Imagery, Slow Deep Breathing dan Aromaterapi Mawar Terhadap Kecemasan Pasien Pre Operasi. *Jurnal Vokasi Kesehatan (JVK)*, 8(1). <http://ejournal.poltekkes-pontianak.ac.id/index.php/JVK>
- Sari, F., Dewi, N. R., & Dewi, T. K. (2023). Pengetahuan Ibu Hamil Trimester III Tentang Manajemen Nyeri Persalinan Diwilayah Kota Metro. *Jurnal Cendikia Muda*, 3(3), 331–336.
- Sari, R. R. F., Fitrihanur, W. L., & Zuhroh, D. F. (2023). Hubungan Tingkat Kecemasan Ibu Primipara Post Sectio Caesarea Dengan Pengeluaran ASI Di Rumah Sakit Muhammadiyah Gresik. *Indonesian Journal of Professional Nursing*, 4(1), 71. <https://doi.org/10.30587/ijpn.v4i1.6241>
- Siagian, L., Anggraeni, M., & Pangestu, G. K. (2023). Hubungan Antara Letak Janin, Preeklampsia, Ketuba Pecah Dini Dengan Kejadian Sectio Caesaria di RS Yadika Kebayoran Lama Tahun 2021. *SENTRI: Jurnal Riset Ilmiah*, 2(4), 1107–1119.

- Siagian, R., Sinaga, M., & Pinem, J. (2025). Kecemasan Ibu Post Operasi Sectio Caesarea di Rumah Sakit Mitra Sejati Medan Tahun 2025. *Jurnal Ners*, 9(3), 5020–5025.
- Sidabukke, I. R., & Siregar, R. N. (2020). Faktor-Faktor Yang Mempengaruhi Kecemasan Pada Ibu Bersalin Di Rumah Sakit Restu Medan. *Journal of Healthcare Technology and Medicine*, 6(1), 276–284. <https://jurnal.uui.ac.id/index.php/JHTM/article/viewFile/692/308>
- Sirait, B. I. (2022). Bahan Kuliah Seksio Sesaria. In *Universitas Krisen Indonesia* (pp. 1–16). Fakultas Kedokteran. <https://repository.uki.ac.id/9660/1/BahanKuliahSeksioSesaria.pdf>
- Sitanggang, G. T., Himayani, R., Iyos, R. N., & Mutiara, H. (2024). Peran Terapi Farmakologi dan Non-Farmakologi dalam Pengelolaan Dry Eye Disease. *Medula*, 14(11), 2071–2076.
- Smith, J., & Ng, L. (2025). The management of acute pain – an update. *Medicine (United Kingdom)*, 53(2), 102–108. <https://doi.org/10.1016/j.mpmed.2024.11.007>
- Sundara, A. K., Larasati, B., Meli, D. S., Wibowo, D. M., Utami, F. N., Maulina, S., Latifah, Y., & Gunarti, N. S. (2022). Aromaterapi sebagai Terapi Stress dan Gangguan Kecemasan. *Jurnal Buana Farma: Jurnal Ilmiah Farmasi*, 2(2), 78–84. <https://journal.ubpkarawang.ac.id/mahasiswa/index.php/buanafarma/article/view/396/322>
- Sung, S., Mikes, B., Martingano, D., & Mahdy, H. (2024). *Cesarean Delivery*. Treasure Island (FL): StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK546707/>
- Susanti, D., & Yati, D. (2021). Lavender aromatherapy helpful for management of anxiety in postpartum cesarean section. *International Journal of Medical Science and Public Health*, 10(1), 94–96. <https://doi.org/10.5455/ijmsph.2021.05038202102062021>
- Susanto, T. D., Sutrisna, B., Adisasmita, A. C., Vinsensa, A., & Mega Tri Anggraini, S. N. (2020). Validity and reliability of Indonesian languages version of zung self-rating depression scale questionnaire for pulmonary tuberculosis patients. *Indian Journal of Public Health Research and Development*, 11(11), 2023–2027. <https://doi.org/10.37506/v10/i11/2019/ijphrd/192171>
- Sutiyono, D., & Mochamat. (2022). *Buku Ajar Manajemen Nyeri*. Kementerian Kesehatan RI. <https://kms.kemkes.go.id/pengetahuan/detail/66b588fd126ce1850724131c>
- Suyanto, S., & Nugroho, R. K. (2023). Meta-Analisis Efektivitas Relaksasi Aromaterapi dalam Mengurangi Rasa Nyeri. *Jurnal Penelitian Perawat*

- Professional*, 5(3), 1059–1066. <https://doi.org/10.37287/jpppp.v5i3.1700>
- Thomas, C. L., & Cassady, J. C. (2021). Validation of the State Version of the State-Trait Anxiety Inventory in a University Sample. *SAGE Open*, 11(3). <https://doi.org/10.1177/21582440211031900>
- Tim Pokja SDKI PPNI. (2017). *Standar Diagnosa Keperawatan Indonesia*. DPP PPNI.
- Umami, M. R., Amrullah, M., & Ekawati, A. (2021). Efektivitas Terapi Psiko Spiritual Terhadap Penurunan Tingkat Kecemasan Pada Pasien Tuberculosis Paru Dengan Terapi Obat. *Citra Delima Scientific Journal of Citra Internasional Institute*, 5(1), 6–10. <https://doi.org/10.33862/citradelima.v5i1.212>
- Utami, D. W., Widodo, P., & Silvitasari, I. (2023). Penerapan Pemberian Aromaterapi Lavender Terhadap Intensitas Nyeri Post Sectio Caesarea di Ruang Adas Manis RSUD Pandan Arang Boyolali. *Sehat Rakyat: Jurnal Kesehatan Masyarakat*, 2(4), 483–494. <https://doi.org/10.54259/sehatrakyat.v2i4.1993>
- Utami, N., Irawan, D. S., & Gamar, G. (2025). Hamilton Anxiety Rating Scale Untuk Mengetahui Gangguan Kecemasan Pada Lansia Di Puskesmas Mulyorejo, Kota Malang. *Jurnal Pengabdian Masyarakat Mentari*, 1(8), 331–335. <https://doi.org/10.59837/jpmm.v1i8.70>
- Videbeck, S. L. (2020). *Psychiatric-Mental Health Nursing* (L. Gray & D. Murphy (eds.); 8th ed.). Wolters Kluwer.
- Walter, M. H., Abele, H., & Plappert, C. F. (2021). The Role of Oxytocin and the Effect of Stress During Childbirth: Neurobiological Basics and Implications for Mother and Child. *Frontiers in Endocrinology*, 12(October), 1–10. <https://doi.org/10.3389/fendo.2021.742236>
- Wardani, N. K., Sumawati, N. M. R., & Adhiestiani, M. E. (2024). The Relationship between Husband's Support and the Anxiety Level of Pre-Sectio Caesarea Pregnant Women at X Hospital Denpasar. *Jurnal Ilmiah Kebidanan (The Journal Of Midwifery)*, 12(1), 63–72. <https://doi.org/10.33992/jik.v12i1.3244>
- Whei, S. J., Deva, S., Vijayakumar, V., Khan, S. S., Awad, S. A., Asfeen, U., Maniar, R. H., & Shrestha, B. (2025). Management of Postpartum Anxiety and Depression: A Narrative Review. *Mental Health Science*, 3(2), 1–11. <https://doi.org/10.1002/mhs2.70012>
- World Health Organization. (2021a). *Caesarean Section Rates Continue to Rise, Amid Growing Inequalities In Access*. <https://www.who.int/news/item/16-06-2021-caesarean-section-rates-continue-to-rise-amid-growing-inequalities-in-access>

- World Health Organization. (2021b). *Perinatal Mental Health*. World Health Organization. <https://www.who.int/publications/i/item/9789241549790>
- World Health Organization. (2023). *Anxiety Disorders*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders>
- Wulansari, E., Wirakhmi, I. N., & Susanti, I. H. (2023). Gambaran Tingkat Kecemasan Ibu dengan Bayi Berat Lahir Rendah (BBLR) di Ruang Nicu. *Jurnal Penelitian Perawat Profesional*, 6(2), 485–492. <https://doi.org/10.37287/jppp.v6i2.2179>
- Yanti, D., & Amalia, D. (2020). Kombinasi Pemberian Terapi Relaksasi Benson Dan Bitter Orange Aromaterapi Terhadap Perubahan Intensitas Nyeri Pada Ibu Post Seksio Sesarea. *Jurnal Keperawatan*, 8(2), 159–167.
- Yikar, S. K., Doğan, S. D., Tosunöz, İ. K., Nazik, E., & Arslan, S. (2024). Effects of Lavender Oil Aromatherapy on Pain, Anxiety, and Comfort after Cesarean Section: A Randomized Controlled Trial. *Journal of Nursology*, 27(4), 292–301. <https://doi.org/10.17049/jnursology.1448317>
- Yoviana, I., Maryati, I., & Widiasih, R. (2024). Intervensi SEFT (Spiritual Emotional Freedom Technique) Untuk Mengatasi Kecemasan Dan Nyeri Pasca Sectio Caesarea: A Case Report. *SENTRI: Jurnal Riset Ilmiah*, 3(6), 3085–3101. <https://doi.org/10.55681/sentri.v3i6.3019>
- Yuliana. (2025). Perbedaan Tingkat Kecemasan Ibu Postpartum Antara Persalinan Sectio Caesarea Dengan Persalinan Normal di RSIA Sitti Khadijah I Makassar Tahun 2024 [Institut Ilmu Kesehatan Pelamonia]. In *Institut Ilmu Kesehatan Pelamonia*. https://repository.iikpelamonia.id/id/eprint/301/1/SKRIPSI_FIX LENGKAP YULIANA.pdf
- Yulianti, S., Maryati, I., & Ermiami. (2022). Post Sectio Caesarea Atas Indikasi Plasenta Previa Marginalis: Studi Kasus Deskriptif. *Journal of Maternity Care and Reproductive Health*, 6(1), 10–23.
- Yunika, R. P., Ulya, Y., & Herlina, S. M. (2022). *Pemanfaatan Aromaterapi Lavender Untuk Prodi Kebidanan Program Sarjana Sekolah Tinggi Ilmu Kesehatan Yarsi Mataram Tahun 2022* [Sekolah Tinggi Ilmu Kesehatan Yarsi Mataram]. [http://maryam.stikesyarsimataram.ac.id/746/1/LAMPIRAN B-7 GANJIL 2022 REGINA LAVENDER.pdf](http://maryam.stikesyarsimataram.ac.id/746/1/LAMPIRAN_B-7 GANJIL 2022 REGINA LAVENDER.pdf)
- Yusuf, A., Fitryasari, R., & Nihayati, H. E. (2015). *Buku Ajar Keperawatan Kesehatan Jiwa* (F. Ganiajri (ed.); 1st ed.). Salemba Medika. https://www.academia.edu/29773422/Buku_ajar_keperawatan_kesehatan_jiwa