

ANALISIS ASUHAN KEPERAWATAN DENGAN INTERVENSI AROMATERAPI LAVENDER TERHADAP NYERI, KELELAHAN, DAN SUASANA HATI (*MOOD*) PADA IBU POST PARTUM

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Abstrak

Post partum atau masa nifas merupakan masa adaptasi ibu setelah melahirkan. Ibu post partum kerap merasakan ketidaknyamanan seperti nyeri, kelelahan dan gangguan suasana hati atau mood. Aromaterapi lavender merupakan salah satu nonfarmakologis untuk mengurangi nyeri, meningkatkan kesejahteraan emosional dengan memberikan rasa nyaman, keterbukaan, dan keyakinan. Penulis menggunakan metode studi kasus dengan menggunakan pendekatan deskriptif, yang dilaksanakan melalui tahapan proses asuhan keperawatan dengan intervensi aromaterapi lavender. Instrumen yang digunakan adalah *Visual Analog Scale* (VAS) untuk nyeri dan kelelahan dan *Positive Affect Negative Affect Schedule* (PANAS) untuk suasana hati. Hasil pengkajian dan analisa data di dapatkan bahwa masalah keperawatan pada kedua pasien adalah nyeri akut dan risiko infeksi. Terjadi peningkatan kesiapan menjadi orang tua pada Ny.D. Setelah pemberian aromaterapi pada kedua pasien terjadi penurunan skala nyeri, kelelahan dan peningkatan suasana hati. Nyeri dan kelelahan pada awalnya berada di skala sedang kemudian berubah menjadi skala ringan dan terjadi peningkatan aspek positif pada hasil penilaian suasana hati. Intervensi aromaterapi lavender tersebut mampu menurunkan intensitas nyeri, kelelahan dan memperbaiki suasana hati pada ibu post partum.

Kata Kunci: Kelelahan; Nyeri; Post Partum; Suasana Hati

ANALYSIS OF NURSING CARE WITH LAVENDER AROMATHERAPY INTERVENTION ON PAIN, FATIGUE, AND MOOD IN POST-PARTUM MOTHERS

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Abstract

The post partum period is a phase of maternal adaptation following childbirth. During this stage, mothers commonly experience various discomforts, including pain, fatigue, and mood disturbances. Lavender aromatherapy is one of the non-pharmacological interventions used to reduce pain and enhance emotional well-being by promoting comfort, openness, and a sense of reassurance. This study employed a case study design with a descriptive approach, implemented through the stages of the nursing care process using lavender aromatherapy as the primary intervention. The instruments used were the Visual Analog Scale (VAS) to assess pain and fatigue, and the Positive Affect Negative Affect Schedule (PANAS) to evaluate mood. Assessment and data analysis revealed that the primary nursing problems identified in both patients were acute pain and risk of infection, with an improvement in parental role readiness observed in the main case. Following the administration of lavender aromatherapy, both patients demonstrated reductions in pain and fatigue scores, as well as improvements in mood. Initially, pain and fatigue were categorized as moderate, but decreased to mild levels after the intervention, accompanied by an increase in positive affect. These findings indicate that lavender aromatherapy effectively reduces pain intensity, alleviates fatigue, and enhances mood among post partum mothers.

Keywords: *Fatigue; Mood; Pain; Post Partum*