

**PROGRAM STUDI DIII KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Penelitian, Juli 2026

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Pengaruh Aromaterapi Kopi Dengan Tingkat Stres, Kecemasan, Depresi Remaja
Pada Saat Menstruasi SMP MUHAMMDIYAH 1 Pekanbaru

Xiv + 68 Halaman + 9 Tabel + 1 Skema + 11 Lampiran

ABSTRAK

Menstruasi merupakan proses fisiologis yang dapat memengaruhi kondisi psikologis remaja putri, seperti stres, kecemasan, dan depresi. Salah satu upaya nonfarmakologis yang dapat digunakan untuk membantu mengurangi kondisi tersebut adalah aromaterapi kopi. Penelitian ini bertujuan untuk mengetahui pengaruh aromaterapi kopi terhadap tingkat stres, kecemasan, dan depresi pada remaja putri saat menstruasi di SMP Muhammadiyah 1 Pekanbaru. Penelitian menggunakan kuesioner *Depression Anxiety Stress Scale* (DASS-21). Pemberian aromaterapi kopi dilakukan dengan menghirup aroma kopi selama 10–15 menit, sebanyak 4 kali dalam satu minggu. Analisis data menggunakan Uji Wilcoxon Signed Rank Test dengan tingkat kemaknaan $p < 0,05$. Hasil penelitian menunjukkan rata-rata skor stres menurun dari 12,20 menjadi 9,74, kecemasan dari 10,24 menjadi 8,22, dan depresi dari 10,30 menjadi 8,34 setelah pemberian aromaterapi kopi. Hasil Uji Wilcoxon menunjukkan $p\text{-value} = 0,000$ ($p < 0,05$) pada ketiga variabel. Dengan demikian, terdapat pengaruh yang signifikan pemberian aromaterapi kopi terhadap penurunan tingkat stres, kecemasan, dan depresi pada remaja putri saat menstruasi di SMP Muhammadiyah 1 Pekanbaru.

Kata kunci : Aromaterapi Kopi, Stres, Kecemasan, Depresi, Remaja Putri, Menstruasi

**NURSING DIPLOMA STUDY PROGRAM, FACULTY OF NURSING
INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU**

Research, July 2026

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The Effect of Coffee Aromatherapy on Stress, Anxiety, and Depression Levels
Among Adolescent Girls During Menstruation at SMP Muhammadiyah 1
Pekanbaru

Xiv + 68 Pages + 9 Tables + 1 Scheme + 11 Appendices

ABSTRACT

Menstruation is a physiological process that can affect the psychological state of adolescent girls, leading to issues such as stress, anxiety, and depression. Coffee aromatherapy is a non-pharmacological intervention that can help alleviate these conditions. This study aimed to determine the effect of coffee aromatherapy on stress, anxiety, and depression levels among adolescent girls during menstruation at SMP Muhammadiyah 1 Pekanbaru. A quantitative method was employed using a quasi-experimental design with a one-group pre-test and post-test approach. The study sample consisted of 50 respondents who met the inclusion criteria. Stress, anxiety, and depression levels were measured using the Depression Anxiety Stress Scale (DASS-21) questionnaire. The coffee aromatherapy intervention involved inhaling the aroma of coffee for 10–15 minutes, four times a week. Data analysis was performed using the Wilcoxon Signed-Rank Test with a significance level of $p < 0.05$. The results showed that the mean scores decreased following the coffee aromatherapy intervention: stress from 12.20 to 9.74, anxiety from 10.24 to 8.22, and depression from 10.30 to 8.34. The Wilcoxon test results yielded a p-value of 0.000 ($p < 0.05$) for all three variables. Thus, coffee aromatherapy has a significant effect on reducing stress, anxiety, and depression levels among adolescent girls during menstruation at SMP Muhammadiyah 1 Pekanbaru.

Keywords: Coffee Aromatherapy, Stress, Anxiety, Depression, Adolescent Girls, Menstruation.

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