

PROGRAM STUDI D III KEPERAWATAN

STIKES PAYUNG NEGERI PEKANBARU

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Pengaruh Aromaterapi Kopi Terhadap Intensitas Nyeri Ibu Postpartum *Section Caesarea* (SC) Di RSUD Arifin Ahmad Pekanbaru

ABSTRAK

xi + 40 halaman + 7 tabel + 1 gambar + 1 skema + 12 lampiran

Nyeri yang disebabkan oleh SC pada umumnya akan terasa hingga beberapa hari. Rasa nyeri tersebut meningkat pada hari pertama post SC. Manajemen untuk mengatasi nyeri dapat dilakukan salah satunya dengan cara non-farmakologis menggunakan aromaterapi kopi. Zat yang terkandung didalam kopi seperti kafein dan alkaloid dapat memberikan efek fisiologis energi, seperti mengurangi kelelahan atau stress. Tujuan penelitian ini adalah untuk mengetahui pengaruh aromaterapi kopi terhadap intensitas nyeri ibu postpartum SC di RSUD Arifin Ahmad Pekanbaru. Penelitian ini berjenis kuantitatif dengan desain penelitian *quasi experiment*. Jumlah responden sebanyak 15 sampel dengan teknik *Total sampling*. Instrumen penelitian berupa kuisisioner intensitas nyeri. Analisa yang digunakan adalah Paired Sampel T-test ($\alpha < 0.05$). Hasil penelitian ini menyimpulkan bahwa ada pengaruh aromaterapi kopi terhadap intensitas nyeri ibu postpartum SC ($p < 0.001$ artinya $p < 0.05$). Ada pengaruh Aromaterapi Kopi Terhadap Intensitas Nyeri Ibu Postpartum SC Di Rsud Arifin Ahmad Pekanbaru.

Kata kunci : *Nyeri, Postpartum, Kopi*

Daftar Pustaka : 24 referensi (2012-2021)

DIII NURSING STUDY PROGRAM

STIKES PAYUNG NEGERI PEKANBARU

Scientific Paper, July 2022

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Effect of Coffee Aromatherapy on Pain Intensity of Postpartum *Section Caesarea* (SC) Mothers at Arifin Ahmad Hospital Pekanbaru

ABSTRACT

xi + 40 pages + 7 tables + 1 picture + 1 schematic + 12 appendices

Pain caused by CS usually lasts for several days. The pain increased on the first day post SC. One of the ways to manage pain can be done by non-pharmacological methods using coffee aromatherapy. Substances contained in coffee such as caffeine and alkaloids can provide physiological energy effects, such as reducing fatigue or stress. The purpose of this study was to determine the effect of coffee aromatherapy on the pain intensity of postpartum SC . mothers at the Arifin Ahmad Hospital Pekanbaru. This research is quantitative with a *quasi-experimental research design*. The number of respondents as many as 15 samples with *total sampling technique*. The research instrument was a pain intensity questionnaire. The analysis used was Paired Sample T-test ($\alpha < 0.05$). The results of this study concluded that there was an effect of coffee aromatherapy on the intensity of pain in postpartum SC . mothers ($p < 0.001$ means $p < 0.05$). There is an effect of coffee aromatherapy on the intensity of pain in postpartum SC mothers at Arifin Ahmad Hospital Pekanbaru.

Keywords : *Pain, Postpartum, Coffee*

Bibliography : 24 references (2012-2021)