

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PRODI DIV KEPERAWATAN**

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**EFEKTIVITAS AROMATERAPI *ESSENSIAL OIL ROSE* TERHADAP
PENURUNAN SKALA NYERI PADA *CA MAMMAE* STADIUM IV DI
RUANG ANYELIR RSUD ARIFIN ACHMAD PROVINSI RIAU**

xvi+ 51 halaman + 10 tabel + 2 gambar + 18 lampiran

ABSTRAK

Ca mammae merupakan suatu keadaan ketika sejumlah sel di dalam payudara tumbuh dan berkembang dengan tidak terkendali. Nyeri merupakan masalah layanan kesehatan utama bagi pasien yang menderita kanker. Manajemen nyeri bagi individu yang mengalami kanker memiliki reputasi terapi yang tidak adekuat dan tidak efektif. Selain merasakan ketidaknyamanan dan mengganggu, nyeri kronis yang tidak reda dapat mengakibatkan depresi dan ketidakmampuan. Salah satu terapi nonfarmakologi yang dapat digunakan untuk menurunkan skala nyeri yaitu aromaterapi *essensial oil rose*. Desain penelitian ini adalah pra eksperimen menggunakan *one group pretest posttest*, dengan sampel berjumlah 10 orang responden. Pengambilan data menggunakan lembar observasi dengan mengukur skala nyeri sebelum dan sesudah pemberian aromaterapi *essensial oil rose* kemudian data dianalisis menggunakan *T dependent (paired t test)*. Hasil penelitian ini menunjukkan bahwa skala nyeri sebelum pemberian aromaterapi *essensial oil rose* adalah nyeri sedang sebanyak 9 orang dan 1 orang lainnya adalah nyeri ringan. Skala nyeri sesudah diberikan aromaterapi *essensial oil rose* adalah nyeri ringan sebanyak 5 orang, nyeri sedang sebanyak 3 orang dan tidak merasakan nyeri sebanyak 2 orang. Nilai $p \text{ value } (0,000) < \alpha (0,05)$, sehingga dapat disimpulkan bahwa aromaterapi *essensial oil rose* efektif dalam menurunkan skala nyeri pada *ca mammae* stadium IV. Saran peneliti untuk responden agar dapat mengaplikasikan dan menginformasikan tentang aromaterapi *essensial oil rose*. Bagi tempat penelitian yaitu RSUD Arifin Achmad Provinsi Riau khususnya di Ruang Anyelir agar dapat mengaplikasikan pemberian aromaterapi *essensial oil rose* untuk mengurangi nyeri pada *ca mammae* stadium IV.

Kata Kunci : Aromaterapi *essensial oil rose*, *ca mammae* stadium IV, nonfarmakologi, nyeri
Daftar Pustaka : 35 referensi (2002-2017)

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**THE ESSENTIAL OIL ROSE AROMATHERAPY EFFECTIVENESS ON
THE DECREASE OF PAIN SCALE IN CA MAMMAE STADIUM IV IN
ANYELIR ROOM OF ARIFIN ACHMAD GENERAL HOSPITAL OF
RIAU PROVINCE**

xvi+ 51 pages + 10 tables + 2 picture + 18 attachments

ABSTRACT

Ca mammae is a condition when a number of cells in the breast grow and develop uncontrollably. Pain is a major health care problem for cancer patients. Pain management for individuals with cancer has an inadequate and ineffective reputation for therapy. In addition to feeling discomfort and disturb, chronic pain that does not subside can lead to depression and disability. One of the non-pharmacological therapy that can be used to reduce the pain scale is aromatherapy essential oil rose. The design of this study was pre-experiment using one group pretest posttest, with a sample of 10 respondents. The data were collected using observation sheet by measuring the scale of pain before and after aromatherapy essential oil rose then the data was analyzed using T dependent (paired t test). The results of this study indicate that the scale of pain before giving aromatherapy essential oil rose is moderate pain as much as 9 people and 1 other person is light pain. Pain scale after given aromatherapy essential oil rose is light pain as much 5 people, moderate pain as much as 3 people and do not feel pain as much as 2 person. The value of p value ($0.000 < \alpha (0,05)$), so it can be concluded that aromatherapy essential oil rose effective in decreasing scale of pain in *ca mammae* stage IV. The researcher's suggestion for respondents to apply and inform about aromatherapy essential oil rose. For research place that is RSUD Arifin Achmad Riau Province especially in Anyelir Room in order to apply aromatherapy essential oil rose to reduce pain in *ca mammae* stadium IV.

Key Word :Aromatherapy essential oil rose, *ca mammae* stadium IV, non-pharmacological, pain.

Bibliography : 35 references (2002-2017)