

*Health Polytechnic of the Ministry of Health Bandung  
Nursing Study Program (Bogor Campus) Program Diploma Three*

Syifa Aura Nurkamila  
NIM. P17320321035

*Application of Peppermint Aromatherapy Relaxation for First Trimester Pregnant Women  
Against Hyperemesis Gravidarum in the Pancasan Health Center Working Area*

*I-xv + 48 pages, V chapters, 6 tables, 12 attachment*

### **ABSTRACT**

*Pregnancy is the process of union of spermatozoa and ovum followed by nidation that takes place within 40 weeks or 9 months, complaints experienced by pregnant women are nausea and vomiting, excessive nausea and vomiting that affects daily work is called Hyperemesis gravidarum. This case study aims to determine the description of the application of peppermint aromatherapy in first trimester pregnant women against hyperemesis gravidarum, this case study method with descriptive method. Sampling using a respondent consent questionnaire, demographic questionnaire, Pregnancy-Unique Quantification of Emesis/Nausea (PUQE) instrument with a total of 3 respondents. This case study shows the results of a decrease in nausea and vomiting in first trimester pregnant women after giving peppermint aromatherapy for 6x meetings. The average results before being given peppermint aromatherapy 3 respondents experienced moderate nausea and vomiting, then after giving peppermint aromatherapy there was a decrease in nausea and vomiting to mild nausea and vomiting. Giving peppermint aromatherapy to first trimester pregnant women against hyperemesis Gravidarum is proven to reduce nausea and vomiting and it is hoped that giving peppermint aromatherapy inhalation to pregnant women can help reduce nausea and vomiting nonpharmacologically to reduce nausea and vomiting during pregnancy.*

**Keywords** : *Peppermint Aromatherapy, Hyperemesis Gravidarum, Pregnant Women*

**Bibliography** : *30 sources (2014 – 2024)*

Politeknik Kesehatan Kementerian Kesehatan Bandung  
Program Studi Keperawatan (Kampus Bogor) Program Diploma Tiga

Syifa Aura Nurkamila  
NIM. P17320321035

Penerapan Relaksasi Aromaterapi *Peppermint* pada Ibu Hamil Trimester I terhadap Hiperemesis Gravidarum di Wilayah Kerja Puskesmas Pancasan

I-xv + 48 halaman, V BAB, 6 tabel, 12 lampiran

### ABSTRAK

Kehamilan adalah proses penyatuan dari spermatozoa dan ovum dilanjutkan dengan nidasi yang berlangsung dalam waktu 40 minggu atau 9 bulan, keluhan yang dialami oleh ibu hamil yaitu mual dan muntah, mual dan muntah berlebihan yang mempengaruhi pekerjaan sehari – hari disebut Hiperemesis gravidarum. Studi kasus ini bertujuan mengetahui gambaran penerapan pemberian aromaterapi *peppermint* pada ibu hamil trimester I terhadap hiperemesis gravidarum, metode studi kasus ini dengan metode deskriptif. Pengambilan sampel menggunakan kuesioner persetujuan responden, kuesioner demografi, instrumen *Pregnancy-Uniqe Quantification of Emesis/Nausea* (PUQE) dengan jumlah 3 responden. Studi kasus ini menunjukkan hasil terdapat penurunan mual muntah pada ibu hamil trimester I setelah dilakukan pemberian aromaterapi *peppermint* selama 6x pertemuan. Hasil rata – rata sebelum diberikan aromaterapi *peppermint* 3 responden mengalami mual muntah sedang, kemudian setelah pemberian aromaterapi *peppermint* terjadi penurunan mual muntah menjadi mual muntah ringan. Pemberian aromaterapi *peppermint* pada ibu hamil trimester I terhadap hiperemesis Gravidarum terbukti dapat mengurangi mual muntah dan diharapkan pemberian inhalasi aromaterapi *peppermint* pada ibu hamil ini dapat membantu pengurangan mual muntah secara nonfarmakologis untuk menurunkan mual muntah selama kehamilan.

**Kata Kunci :** Aromaterapi *Peppermint*, Hiperemesis Gravidarum, Ibu Hamil

**Daftar Pustaka:** 30 sumber (2014 – 2024)