



The effect of giving lavender aromatherapy on anxiety level in final stage students of diiii midwifery at aisyah university of pringsewu

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ABSTRACT

Anxiety that arises when facing exams will affect student performance and test failure. Students who experience low anxiety can still give better performance than those who experience moderate and high anxiety. The purpose of this study was to determine the effect of giving Lavender Aromatherapy with Anxiety Levels in Final Year DIII Midwifery Students at Aisyah University of Pringsewu in 2021. This type of research is quantitative with a quasi-experimental research design and uses a research approach, namely one group pretest-posttest. The population in this study was the final year DIII Midwifery student at Aisyah University of Pringsewu. This sample research is the final year DIII Midwifery student at Aisyah University of Pringsewu who lived outside the dormitory as many as 18 female students. The sampling technique in this study used purposive sampling. The result of this research is the p-value is 0.000 or p-value <0.05, which means that there is an influence of the Effect of Lavender Aromatherapy on Anxiety Levels in Midwifery Final Year Students at Aisyah University of Pringsewu in 2021. That it can be used as a means to increase insight, experience, knowledge development and practice to overcome anxiety on DIII Midwifery students by always routinely using lavender aromatherapy and visiting health services.

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ABSTRAK

Kecemasan yang muncul saat menghadapi ujian akan mempengaruhi kinerja siswa dan kegagalan ujian. Siswa yang mengalami kecemasan rendah masih dapat memberikan kinerja yang lebih baik dibandingkan siswa yang mengalami kecemasan sedang dan tinggi. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian Aromaterapi Lavender terhadap Tingkat Kecemasan pada Mahasiswa DIII Kebidanan Universitas Aisyah Pringsewu Tahun 2021. Jenis penelitian ini adalah kuantitatif dengan desain penelitian quasi eksperimen dan menggunakan pendekatan penelitian yaitu one group pretest-posttest. Populasi dalam penelitian ini adalah mahasiswa tingkat akhir DIII Kebidanan Universitas Aisyah Pringsewu. Sampel penelitian ini adalah mahasiswa tingkat akhir DIII Kebidanan Universitas Aisyah Pringsewu yang tinggal di luar asrama sebanyak 18 mahasiswi. Teknik pengambilan sampel dalam penelitian ini menggunakan purposive sampling. Hasil dari penelitian ini adalah p-value 0,000 atau p-value < 0,05 yang artinya ada pengaruh Pengaruh Aromaterapi Lavender Terhadap Tingkat Kecemasan Pada Mahasiswa Akhir Kebidanan Universitas Aisyah Pringsewu Tahun 2021. Sehingga dapat digunakan sebagai sarana untuk menambah wawasan, pengalaman, pengembangan pengetahuan dan praktik untuk mengatasi kecemasan pada mahasiswa DIII Kebidanan dengan selalu rutin menggunakan aromaterapi lavender dan mengunjungi pelayanan kesehatan.

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INTRODUCTION

Students in their developmental stage are classified as late adolescents and early adults, namely 18-21 years and 22-24 years (Monk et al 2001, in Gunawati 2005). Students as students in tertiary institutions are required to have independence and responsibility to complete the academic tasks that have been set. Usually students when they are in the final level are often followed by feelings of anxiety. Feelings of anxiety often arise, causing students to be unable to attend lectures and focus effectively. Anxiety that arises when facing exams will affect student performance and exam failure. Students who experience low anxiety can still provide better performance than those who experience moderate and high anxiety (Mary RA, 2014). Anxiety will be a serious problem for students if not addressed. Some strategies that can be done to reduce anxiety levels, namely with complementary therapies include: relaxation, distraction, spiritual healing, aromatherapy. (Potter, 2010). Aromatherapy is a non-pharmacological technique of complementary medicine that can be used to reduce anxiety by using aromatherapy essential oil odors. One type of aromatherapy that can be used to reduce anxiety is lavender. Lavender oil has been used for a long time as a type of medicine because of its calming nature, stimulating sleep, anxyolitic (anti-anxiety) effects, and other psychological effects (Woelk H, 2010.).

According to a conducted survey, there were several female final level D3 midwifery students who experienced severe and moderate anxiety due to final assignments, academic lessons, practical exams, lecturers and the influence of the surrounding environment. Based on the survey, there are still many female students who experience anxiety at the end of lectures. Based on this background, researchers are interested in conducting research entitled "The Effect of Giving Lavender Aromatherapy on Anxiety Levels in Midwifery Diploma III Final Students at Aisyah University of Pringsewu"

METHOD

The type of research used in this research is quantitative. Quantitative research is systematic scientific research on parts and phenomena and their relationships. Quantitative

Tabel 2.

Average Anxiety in DIII Midwifery Final Level Students Before Being Given Lavender Aromatherapy at Aisyah University of Pringsewu, Lampung

Variabel	N	Mean	Minimal	Maximal	SD	SE
Prior Anxiety	18	30,94	22	42	7,125	1,679

Based on table 2, it is known that at Aisyah University of Pringsewu, Lampung, the average anxiety of DIII Midwifery final level students before being given lavender

Tabel 3.

Average Anxiety in DIII Midwifery Final Level Students After Being Given Lavender Aromatherapy at Aisyah University of Pringsewu, Lampung

Variabel	N	Mean	Minimal	Maximal	SD	SE
Prior Anxiety	18	14,50	8	24	4,902	1,155

research is required to use numbers, starting from data collection, interpretation of the data, and the appearance of the results. (Arikunto, 2013).

In this design, a pretest (01) was carried out by giving a knowledge questionnaire before treatment and then given treatment (X) in the form of health education, then given a posttest (02) by giving a knowledge questionnaire again. The measurement tools used in this study were the Hamilton Rating Scale for Anxiety (HRS-A) and Lavender Aromatherapy

Univariate analysis aims to explain or describe the characteristics of each research variable. The form of univariate analysis depends on the type of data. For numeric data, the mean, median and standard deviation are used. In general, this analysis only produces the frequency distribution and percentage of each variable. (Notoatmodjo, 2018).

Bivariate analysis is used to see the relationship between the independent and dependent variables. To find out whether there is a relationship between variables, in this study a paired t-test was used using a computer program.

RESEARCH RESULTS AND FINDINGS

Characteristics of Respondents

Age

Tabel 1.

Age Frequency Distribution of DIII Midwifery Final Level Students at Aisyah University of Pringsewu, Lampung

Respondent Age	Frekuensi	Percentage (%)
21 years old	11	61.1
22 years old	3	16.7
23 years old	4	22.2
Jumlah	18	100,0

Based on table 1, it is known that at Aisyah University of Pringsewu Lampung in 2021, the majority of DIII Midwifery Final Level students are 21 years old, totaling 11 respondents (61.1%).

Average Anxiety Before Giving Lavender Aromatherapy

aromatherapy was 30.94 with a minimum score of 22 and a maximum of 42.

Anxiety After Giving Lavender Aromatherapy

Based on table 3, it is known that at Aisyah University of Pringsewu, Lampung, the average anxiety of DIII Midwifery Final Level students after being given lavender aromatherapy was 14.50 with a minimum score of 8 and a maximum of 24.

To find out the effect of giving Lavender Aromatherapy with Anxiety Levels in Midwifery DIII Final Level Students at

Aisyah University of Pringsewu in 2021, a test (Paired Sample T-Test) was used, namely:

The Effect of Giving Lavender Aromatherapy With Anxiety Levels in Midwifery DIII Final Level Students

Tabel 4.4

The Effect of Giving Lavender Aromatherapy With Anxiety Levels in Midwifery DIII Final Level Students at Aisyah University of Pringsewu in 2021

Variabel	N	Mean	Difference	SD	SE	P-Value
Prior Anxiety		30,94		7,125	1,679	
Anxiety After	18	14,50	16,44	4,902	1,155	0,000

Based on table 4, it is known that at Aisyah University of Pringsewu, Lampung, the average anxiety of midwifery DIII students at the final level before being given lavender aromatherapy was 30.94 and after being given lavender aromatherapy to 14.50. From these results it was found that the mean difference was 16.44. statistics, obtained a p-value of 0.000 or a p-value <0.05, which means that there is an effect of giving lavender aromatherapy with anxiety levels in female final level DIII Midwifery at Aisyah University of Pringsewu. Based on research results, it is known that at Aisyah University of Pringsewu, Lampung, the average the average anxiety of DIII Midwifery Final Level students before being given lavender aromatherapy was 30.94 with a minimum score of 22 and a maximum of 42.

Students as students in tertiary institutions are required to have independence and responsibility to complete the academic tasks that have been set. Usually students when they are in the final level are often followed by feelings of anxiety. Feelings of anxiety often arise, causing students to be unable to attend lectures and focus effectively. In fact, stressful situations like this are often experienced by final year students. This situation can be caused by lectures that are getting heavier and not focused because they are not only burdened by various academic demands such as fulfilling assignments, practicum exams and written exams but also charged by the final assignment which is a graduation requirement called a thesis.

Anxiety that arises when facing exams will affect student performance and exam failure. Students who experience low anxiety can still provide better performance than those who experience moderate and high anxiety (Mary RA, 2014). Anxiety experienced by students during exams will cause a multisystem response, namely physical, emotional, and cognitive. These responses are interrelated with the sympathetic and parasympathetic systems which will affect changes in heart rate. When the heart rate increases then it is maintained it will describe failure and anxiety in carrying out skills (Prato CA, 2009).

The results of the research and theory above are in line with the research of Aris Setyawan et al (2020) with the title Effectiveness of Lavender Aromatherapy on the Anxiety Level of Facing Osce in Nursing Students. The results of this study show that there is a significant effect of giving lavender aromatherapy to the anxiety level of students facing OSCE (p <0.05), so that lavender aromatherapy can be used as a way to reduce student anxiety. Based on the results of the above study, according to the researchers before being given lavender aromatherapy, the average respondent's anxiety was 30.94 in the severe category, this was because respondents felt worried and afraid will face several exams that will appear, such as practicum exams, UTS, UAS and

thesis exams, this is what triggers respondents to experience anxiety.

Based on the results of the study, it was found that at Aisyah University of Pringsewu, Lampung, the average anxiety of DIII Midwifery Final Level students after being given lavender aromatherapy was 14.50 with a minimum score of 8 and a maximum of 24. Anxiety will become a serious problem for students if not addressed. Some strategies that can be done to reduce anxiety levels, namely with complementary therapies include: relaxation, distraction, spiritual healing, aromatherapy. (Potter P, 2010) Aromatherapy is a non-pharmacological technique of complementary medicine therapy that can be used to reduce anxiety by using aromatherapy essential oil odors. One type of aromatherapy that can be used to reduce anxiety is lavender. Lavender oil has been used for a long time as a type of medicine because of its calming nature, stimulating sleep, anxyolytic (anti-anxiety) effects, and other psychological effects (Woelk H, 2010).

The results of the research and theory above are in line with the research of Renny Sinaga et al (2018) with the title Application of Aromatherapy to Reducing Anxiety for Mothers in Labor with the results of changes in the level of maternal anxiety, where before being given aromatherapy the average maternal anxiety scale was moderate and there was even 1 mother who was at mild anxiety. After being given aromatherapy, the average mother's anxiety scale was on a mild scale (53.4%) and there were 4 mothers who were no longer experiencing anxiety. Based on the results of the research above, according to the researchers giving lavender aromatherapy has a big influence on anxiety, this is because aromatherapy (Aromatherapy) is a body care technique using/utilizing efficacious essential oils (essentia oil); can be done by inhaling, compressing, applying it to the skin, soaking and it will be more effective accompanied by massage. The ingredients used are active substances extracted from aromatic plant essences (extraction from flowers, leaves, roots, stems/twigs, seeds etc.) which provide a stimulating or relaxing effect. Influencing factors Anxiety that occurs in D3 midwifery final level students, namely: financial factors, environmental influences and factors from parents.

Based on the results of the research above, according to the researchers giving lavender aromatherapy has a big influence on anxiety, this is because aromatherapy (Aromatherapy) is a body care technique using/utilizing efficacious essential oils (essentia oil); can be done by inhaling, compressing, applying it to the skin, soaking and it will be more effective accompanied by massage. The materials used are active substances taken from the essence of aromatic plants (extraction from flowers, leaves, roots,

stems/branches, fruit seeds etc.) which provide a stimulating or relaxing effect. The research results show that the average before being given lavender aromatherapy, The respondent's anxiety level was 30.94 and after being given lavender aromatherapy it became 14.50. From these results it was found that the mean difference was 16.44. This proves that lavender aromatherapy has a large influence on reducing anxiety for DIII Midwifery final level students of 16.44. The limitation in this study is that it only uses one type of treatment.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the research above, the conclusion in this study is that there is an effect of giving lavender aromatherapy with anxiety levels in mid-level DIII midwifery students at Aisyah University of Pringsewu in 2021. The results obtained were a p-value of 0.000 or a p-value <0.05. Suggestions from the study this is to increase the number of aromatherapy treatments with various variants of the number of drops.

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