

THE EFFECT OF AROMATHERAPY ON THE LEVEL OF PAIN IN MOTHER

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Abstract.

Their trend of increasing acts sectio caesarea (SC) in a number of hospitals, both private and government hospitals RS, whereas clinical risk to the mother who gave birth through the operation of the SC is greater than the risk of a normal delivery (vaginal). Aromatherapy is one of the non-pharmacological methods to relieve pain.

Research purposes: to determine the effect of aroma therapy to decrease pain levels in maternal. Inclusion criteria: Spontaneous birth mothers, gestational age 37minggu until 40 week . Appraisal studies and synthesis methods: Critical appraisal studies using Joana Brigs Appraisal Institute and methods of synthesis using a modification PICOC. Results: Aromatherapy provides relaxation. It also increases the mother's ability to cope with labor pain. Additionally aromatherapy can be used to relieve pain, treat anxiety. Conclusions and Implications The results: Aromatherapy is inhaled activate the release of neurotransmitters such as serotonin, endorphins and norepinephrine in the hypothalamus and pituitary axis neuroreceptors modulate the immune system, alter mood, reduce anxiety, and improve the response to stress. Inhaling the aroma therapy can relieve pain, treat anxiety. Aromatherapy as a treatment to help relieve pain, in addition to aroma therapy to help reduce the anxiety that excess maternal aromatherapy is the provision in the delivery room. Aromatherapy has analgesic properties and provides Linalyl acetate, which can relieve pain

Keywords: aromatherapy, birthing pain

1. INTRODUCTION

AKI is still a serious health problem in developing countries. According to the World Health Organization (WHO), in 2014 some countries have quite high AKI such as Sub-Saharan Africa 179 000 inhabitants, 69,000 inhabitants of South Asia, and Southeast Asia 16,000. Maternal mortality rates in Southeast Asian countries such as Indonesia 190 per 100,000 live births, Vietnam 49 per 100,000 live births, Thailand 26 per 100,000 live births, Brunei 27 per 100,000 live births, and Malaysia 29 per 100,000 live births [1].

According to WHO maternal mortality rate (MMR) in 2014 in the world at 289,000 jiwa. Di Indonesia itself maternal and perinatal mortality rate is quite high. Whereas health services and health personnel is quite a lot, from five million births that occurred in Indonesia every year, an estimated 20,000 women die from complications of pregnancy. The maternal mortality rate in Indonesia reached 359 / 100,000 population, an increase of approximately 57% [2].

Pain that is not addressed to improve maternal and infant mortality, due to pain caused breathing and heart rate to increase so that the mother's blood and oxygen flow to the placenta is interrupted. Handling and control of labor pain, especially in the first stage is crucial phase, because this could determine whether mothers can normal childbirth or ends with an action. [3].

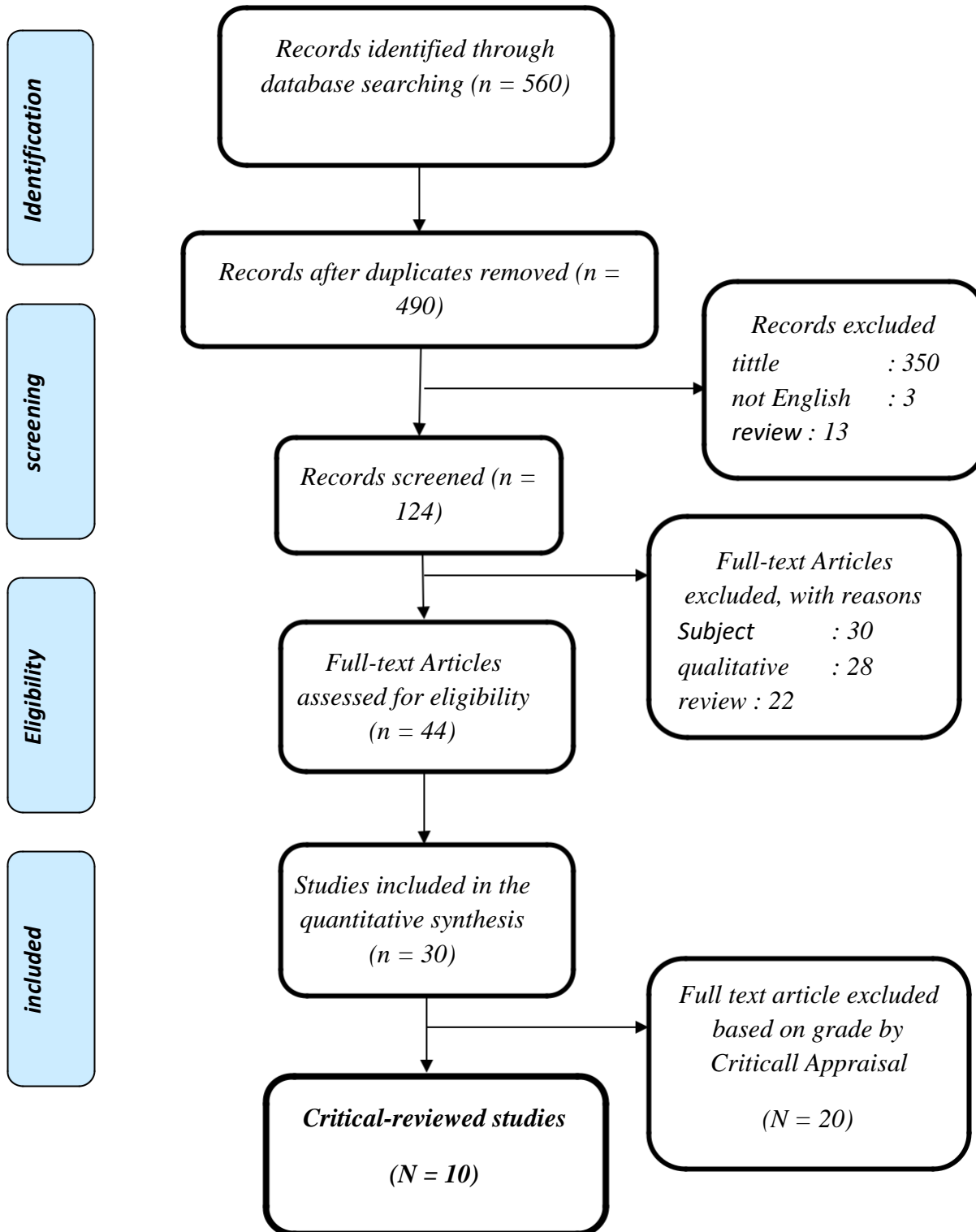
Efforts to reduce maternal pain with pharmacological and non-pharmacological methods of pain that can be controlled. Namely by using a pharmacological method of analgesia and anesthesia which is largely a medical action, tend to be more expensive and have side effects on the mother and baby. At this time the non-pharmacological methods have been widely studied and a trend that can be developed. Some examples of non-pharmacological methods of labor pain include acupressure, acupuncture, aromatherapy, hypno-birthing, cold heat method, reflexology, distraction and massage (massage) [4].

Management and control of labor pain is the main objective of labor to support the mother gives birth. Besides aroma therapy and midwife who serves seagain relaxation as a deduction of labor pain and improve the mother's spirit bersalinan for through the birth process scientific, whereas we know that the side effects of medications chemically as tranquilizers have very harmful effects to the mother and fetus[5]. .

The next non-pharmacological methods is aromatherapy. Aromatherapy is one of the non-pharmacological methods to relieve pain. Aromatherapy / smells pleasant and give a sense of comfort and relaxation of body and mind mom, pain and anxiety will be reduced so that the pain will be reduced in the first stage 1 of the active phase of labor [6].

2. MATERIALS AND METHODS

PRISMA Flow Diagram



Articles are selected using quantitative research methods with various types such as quasi-experimental study design, case control, randomized control trial (RCT), and cross sectional. This article was assessed with a checklist or tool Joanna Briggs of Joanna Briggs Institute. After a critical appraisal process is completed elected as many as 10 articles with good quality that is indexed by Scopus standard Q1 and Q2.

3. RESULT AND DISCUSSION

3.1 Aroma therapy for depression and stress

Aromatherapy is used to relieve pain, treat anxiety and depression, insomnia, fatigue and asthma. It also helps to build relaxation, creative inspiration and success [7]. Various aromatherapy, has a stimulating effect the nervous system function, inhaling aromatherapy oils can affect the brain wave activity, increases positive emotions including happiness, prosperity, active, fresh and romantic as well as improve mood [8].

3.2 Aroma therapy against anxiety (anxiety)

Labor aromatherapy massage, bath, inhalation and belts, can help in reducing pain and improving results kela hira labor. Sobhani et al. evaluate the effects of aromatherapy as a treatment to help relieve pain. It shows a decrease in pain intensity after using aromatherapy treatment [9].

A safe, quiet, and comfortable giving a positive stimulus on maternal, where the circumstances gave rise to the relaxed atmosphere, so as not to cause fear in mothers who give birth. One was to help reduce the anxiety that excess maternal aromatherapy is the provision in the delivery room [4].

3.3 Aroma therapy for complications

Aromatherapy offers relaxation and can induce sleep. It also increases the mother's ability to cope with labor pain. One of the essential oils used in aromatherapy is Lavender (*Lavandula angustifolia*). These compounds have analgesic properties and contains Linalyl acetate. Lavender is a herb. relieve pain include a variety of techniques to overcome not only the physical sensation of pain but to prevent pain caused psychological suffering ". One of the newest therapy is aromatherapy is an ancient art that uses essences extracted from various herbs for their health [10].

3.4 How to administering aroma therapy

With aromatherapy essential relaxation techniques can reduce anxiety and depression [7]. Aromatherapy rose called by quen of oils, as rose or rose scented tasty maintain balance, causing a feeling of comfort and reduce pain[8]. Step in the provision of aromatherapy is using a nebulizer in the form of an electric diffuser. Steam is generated from a mixture of water approximately 3 cups or appropriate doses existing on the device with the scent as much as 5 drops of essential oil. The tool can be used for a maximum of 4 hours. The aromatherapy administered over 10 minutes every one contraction during the active phase. In addition to aromatherapy to decrease the pain can be in the form of a soft touch effleurage massage to stimulate endorphins. [9]

4. CONCLUSION

4.1. Aroma therapy for depression and stress

Aromatherapy is inhaled activate the release of neurotransmitters such as serotonin, endorphins and norepinephrine in the hypothalamus and pituitary axis neuroreceptors modulate the immune system, alter mood, reduce anxiety, and improve the response to stress. Inhaling the aroma

therapy can relieve pain, treat anxiety and depression, insomnia, fatigue and asthma. It also helps to build relaxation.

4.2. Aroma therapy against anxiety (anxiety)

Aromatherapy as a treatment to help relieve pain, in addition to aroma therapy to help reduce the anxiety that excess maternal aromatherapy is the provision in the delivery room.

4.3. Aroma therapy for complications

Aromatherapy increase the mother's ability to cope with labor pain. Aromatherapy has analgesic properties and provides Linalyl acetate, which can relieve pain include a variety of techniques to overcome not only the physical sensation of pain but to prevent pain caused psychological suffering.

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