

THE EFFECTIVENESS OF INHALED CANANGA (CANANGA ODORATA) AROMATHERAPY ON REDUCING INTENSITY OF LABOR PAIN

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ABSTRACT

Background: Aromatherapy is a technique in which essential oils from plants are used with the intention of preventing or treating illness, reducing stress, relieving pain, or enhancing well-being. Fragrant oils like cananga (cananga odorata) have been used for thousands of years to lubricate the skin, purify air, and repel insects. Ancient Egyptians used fragrant oils for bathing and massage. The purpose of this study was to determine the effectiveness of inhaled cananga aromatherapy on reducing intensity of labor pain.

Subjects and Method: This was a quasi-experiment conducted in Bantul, Yogyakarta. A sample of 62 study subjects was selected for this study consisting of 31 subjects receiving cananga aromatherapy and 31 subjects receiving lavender aromatherapy. The dependent variable was intensity of stage 1 active phase labor pain. The independent variable was aromatherapy, either cananga or lavender. The data was collected by observation. Pain intensity was measured by visual analog scale (VAS). The data were analyzed by independent t-test.

Results: The labor pain reduction in the cananga group (mean=1.3) was larger than the lavender group (mean=0.5), and it was statistically significant.

Conclusion: Cananga aromatherapy is effective to relieve at stage 1 active phase labor pain, relative to lavender.

Keywords: aromatherapy, pain, labor, cananga, lavender.

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