

**PENGARUH AROMATERAPI LEMON TERHADAP  
MORNING SICKNESS IBU HAMIL TRIMESTER I  
DI PUSKESMAS BELIMBING**



**Skripsi**

Diajukan ke Program Studi Kebidanan Program Sarjana Departemen Kebidanan  
Fakultas Kedokteran Universitas Andalas sebagai Pemenuhan Salah Satu  
Syarat Untuk Mendapatkan Gelar Sarjana Kebidanan

**Oleh:**

**JIHAN FADHILA**

**NIM: 2210331004**

**Pembimbing:**

1. Dr. dr. Eka Nofita, M.Biomed
2. Uliy Iffah, SST., M.Keb

**PROGRAM STUDI KEBIDANAN PROGRAM SARJANA  
DEPARTEMEN KEBIDANAN FAKULTAS KEDOKTERAN  
UNIVERSITAS ANDALAS**

**2026**

## ABSTRACT

### THE EFFECT OF LEMON AROMATHERAPY ON MORNING SICKNESS AMONG FIRST-TRIMESTER PREGNANT WOMEN AT BELIMBING PUBLIC HEALTH CENTER

By

**Jihan Fadhila, Eka Novita, Uliy Iffah,  
Hardisman, Yulizawati, Dina Taufia**

*Morning sickness is a common condition experienced by pregnant women during the first trimester and may interfere with daily activities and maternal health. According to data from the World Health Organization (WHO) in 2016, the incidence of morning sickness during pregnancy accounts for 12.5% of pregnancies worldwide, while the prevalence in Indonesia ranges from 50% to 80%. Management of morning sickness can be carried out through non-pharmacological approaches, one of which is the use of lemon aromatherapy. This study aimed to determine the effect of lemon aromatherapy as a non-pharmacological intervention on morning sickness among first-trimester pregnant women at the Belimbing Public Health Center, Padang City*

*This study used a pre-experimental design with a one-group pretest–posttest approach. The study was conducted from December 2025 to January 2026 among first-trimester pregnant women experiencing morning sickness at the Belimbing Public Health Center, Padang City. A total of 27 respondents were selected using a purposive sampling technique. Data were collected using the PUQE-24 questionnaire. Data analysis was performed using univariate and bivariate analysis with the Wilcoxon Signed Rank Test using SPSS version 25.*

*he results showed that the mean morning sickness score decreased from  $7.89 \pm 2.708$  before the lemon aromatherapy intervention to  $4.44 \pm 1.717$  after the intervention. The Wilcoxon Signed Rank Test showed a p-value of 0.000 ( $p < 0.05$ ).*

*In conclusion, lemon aromatherapy has a significant effect on reducing morning sickness among first-trimester pregnant women at the Belimbing Public Health Center, Padang City. Lemon aromatherapy using an inhaler stick is expected to be used as a safe and easily applicable non-pharmacological alternative intervention in maternal health services.*

**Keywords:** *morning sickness, lemon aromatherapy, inhaler stick, first-trimester pregnant women, non-pharmacological intervention.*

## ABSTRAK

# PENGARUH AROMATERAPI LEMON TERHADAP MORNING SICKNESS IBU HAMIL TRIMESTER I DI PUSKESMAS BELIMBING

Oleh

Jihan Fadhila, Eka Novita, Uliy Iffah,  
Hardisman, Yulizawati, Dina Taufia

*Morning sickness* merupakan keluhan yang umum dialami oleh ibu hamil trimester I dan dapat mengganggu aktivitas sehari-hari serta kondisi kesehatan ibu. Berdasarkan data World Health Organization (WHO) tahun 2016, angka kejadian *morning sickness* pada kehamilan mencapai 12,5% dari jumlah kehamilan di dunia, sedangkan prevalensi *morning sickness* di Indonesia sekitar 50%–80%. Upaya penanganan *morning sickness* dapat dilakukan secara non-farmakologis, salah satunya melalui penggunaan aromaterapi lemon. Tujuan penelitian ini adalah untuk mengetahui pengaruh aromaterapi lemon sebagai intervensi non-farmakologis terhadap *morning sickness* pada ibu hamil trimester I di Puskesmas Belimbing Kota Padang.

Metode penelitian yang digunakan adalah *pre-eksperimental* dengan *one group pretest–posttest design* di bulan Desember 2025- Januari 2026 pada ibu hamil trimester I yang mengalami *morning sickness* di Puskesmas Belimbing Kota Padang sebanyak 27 orang yang diambil dengan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner *PUQE-24*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Wilcoxon Signed Rank Test* dengan software SPSS 25.

Hasil penelitian menunjukkan rata-rata skor *morning sickness* menurun dari  $7,89 \pm 2,708$  sebelum intervensi aromaterapi lemon menjadi  $4,44 \pm 1,717$  setelah intervensi aromaterapi lemon. Hasil uji *Wilcoxon Signed Rank Test* diperoleh nilai *p-value* 0,000 ( $p < 0,05$ ).

Kesimpulan dari penelitian ini bahwa terdapat pengaruh pemberian aromaterapi lemon secara signifikan terhadap *morning sickness* ibu hamil trimester I di Puskesmas Belimbing Kota Padang. Diharapkan pemberian aromaterapi lemon menggunakan *inhaler stick* dapat digunakan sebagai alternatif intervensi non-farmakologis yang aman dan mudah diterapkan dalam pelayanan kesehatan ibu hamil.

**Kata kunci:** *morning sickness*, aromaterapi lemon, *inhaler stick*, ibu hamil trimester I, intervensi non-farmakologis.