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The Effectiveness Of Lavender And Lime Oil Aromatherapy On Decreasing Pain Intensity After 24 Hours Post Caesarean Section At Multazam Hospital (Gorontalo)

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Abstract. Sectio Caesarea is a delivery method where a doctor delivers the fetus through incisions in the abdomen and uterus, with post-surgery complications for mothers like wound pain affecting mobility, baby care, and breastfeeding. Pain management methods include pharmacological analgesics and non-pharmacological approaches like aromatherapy using essential oils for relaxation and pain relief. A study used a quasi-experimental design with a pre-and post-test for a lavender oil treatment group and a lime oil control group. Results showed pain reduction in both groups post-treatment, with the treatment group experiencing a shift from moderate to mild pain levels. The control group also saw a decrease in pain levels, though not as significant as the treatment group. In conclusion, both aromatherapy approaches helped reduce pain levels without a significant difference between them.

Keywords: Sectio Caesarea, Pain, Aromatherapy, Lavender, Lime