THE EFFECTIVENESS OF LAVENDER AROMATHERAPY IN REDUCING PAIN INTENSITY OF PATIENTS WITH BREAST CANCER IN RB2 RSUP HAJI ADAM MALIK MEDAN
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Nurlama Siregar, Masnila, Marlisa

Lecturers of Nursing Department of Politeknik Kesehatan Kemenkes Medan

Abstract

Aromatherapy defines as a method to cure a disease by using fragrance which is come from the oil of floral essential, commonly the fragrance smell good, aromatic and relaxing, it commonly calls essential oil. Almost all of breast cancer patients feel pain.

Pain is unpleasant sensory perception. Aromatherapy is one of non pharmacological methods to reduce pain.

This study was conducted by a pretest-posttest design, a pretest applied priory before applying an intervention. After applied an intervention, a posttest was conducted. It had 27 samples. The data was taken from medial record and observation sheet.

The findings showed that before applied lavender aromatherapy, there are 22 respondents (81,5%) who had severe pain intensity and after applied the lavender aromatherapy, mostly 24 respondents (88,9%) had mild pain. The statistic test result that there was a significant reducing in pain intensity with value p =0,00 and mean 0,851.

Key words : lavender aromatherapy, reducing pain, breast cancer

INTRODUCTION

Breast cancer is a cold-blooded killer for women. Wolrd health Organization (WHO) stated that about 8-9% women in the world have had breast cancer, and it is the second largest numbers that Indonesian women had (Wenny Artanty, 2011). Globally it predicts that there are about 1.401.400 cases of cervix cancer in the last five years and 3.860.300 breast cancer in the last five years. Based on the cases, noticeably the incidence of breast cancer is dominant than cervix cancer. (Wijaya, 2010).

The signs and symptoms of breast cancer is commonly pain, and including lumps and swelling in the breast which it cannot be moved from the breast tissue.

Pain is a sensory and emotional perception which is not unpleasant because of the actual and potential damage tissue. Nurses spend more time with painful patients compare beside the other medical staff and they have chances to help the painful patient reducing their pain and the harmful effect (Brunner & Suddarth, 2008).

The pain can be reduced by a treatment both pharmacologically and non-pharmacologically.

Pharmacologically it involves the use of opioids (narcotics), non-opioids, adjuvant analgesic and co-analgesic. Non-pharmacologically it covers physical treatments, such as distraction, relaxation technique and therapeutics (Tamsuri, 2012). Aromatherapy is one of nn pharmacological treatment because it contains positive effect such as anti inflammatory, anti septic, analgesic, immunostimulant, stimulating circulation, stimulating appetite, diuretic, hormonal and others benefits. The essential oil has many different advantages, the aromatic of lavender evoke serenity, balancing, comfort, reducing pain and reducing stress. The lavender can be used to reduce pain because of its analgesic nature (Koensoemardiyah, 2009).

Based on prior survey, medical record of RSUP Haji Adam Malik Medan in 2013 showed that the numbers of visiting were 1.145 times and the numbers of patients in the wards of RSUP Haji Adam Malik in 2013

were about 345 patients (Medical Record RSUP Haji Adam Malik Medan).

The formulation of the problem in this study defined as the following: "How is the effectiveness of lavender aromatherapy in reducing pain intensity of breast cancer patients in Rindu B2 A RSUP Haji Adam Malik Medan in 2014".

RESEARCH METHOD

This study was conducted by queasy experimental method with pretest and posttest design. The populations were all breast cancer patients in RB2 A RSUP Haji Adam Malik Medan, they are about 345 patient in each year. The samples were 27 patients.

The samples were selected by purposive sampling technique. The study collected the primary data. The data were taken by spreading observation sheet. The data were analyzed by editing process, scoring and tabulating. It applied univariate data analysis which used distribution analysis, frequency, and descriptive statistic to analyze the level of pain of breast cancer patient before and after applied lavender aromatherapy and bivariate data analysis with T-test

FINDINGS AND DISCUSSION

A. Findings

Table 4.1
Frequency Distributions Based on Age

No	Age in Years	Frequency	(%)
1	< 30 tahun	0	0
2	31-40 tahun	12	44,4
3	> 41 tahun	15	55,6
	Total	**27**	**100**

Table 4.2
Frequency Distributions Based on Respondent's Academic Level

No	Academic Level	Frequency	(%)
1	SD	11	40,7
2	SMP	6	22,2
3	SMA	8	29,6
4	PT	1	3,7
5	TS	1	3,7
	Total	**27**	**100**

Table 4.3
Frequency Distributions of Pain Intensity Before Lavender Aromatherapy Treatment

No	Pain Intensity	F	(%)
1	Mild	0	0
2	Moderate	5	18,5
3	Severe	22	81,5
	Total	**27**	**100**

Table 4.4
Frequency Distributions of Pain Intensity After Lavender Aromatherapy

No	Pain Intensity	F	(%)
1	Mild	2	7,4
2	Moderate	24	88,9
3	Severe	1	3,7
	Total	**27**	**100**

Table 4.5
Frequency Distributions of Pain Intensity Before and After Lavender Aromatherapy Treatment

Pain Intensity	Pre		Post	
	F	%	F	%
Mild	0	0	2	7,4
Moderate	5	18,5	24	88,9
Severe	22	82,5	1	3,7
Total	**27**	**100**	**27**	**100**

B. Discussion

After observing the findings, it showed that majority respondents who had breast cancer in RB2 A RSUP Haji Adam Malik Medan had severe pain before applied lavender aromatherapy treatment. Based on physiologic responds, mostly respondents had red face, grimace, easy to get mad, and anxious. It is in line with the theory which stated almost all breast cancer patients feel pain.

The findings showed that, mostly pain intensity before applied lavender aromatherapy were severe pain about 22 respondents (81,5%) and after applied lavender aromatherapy for 10-15 minutes, only 1 respondents (3,7%) felt severe pain.

The data found that pain intensity decreased after applied lavender aromatherapy. And the result of mean of two samples (paired sample t-test) that were used to showed the pain intensity before and after applied lavender aromatherapy were significantly different, they are p=0.00 (p<0.05), it meant that Ho is rejected and and Ha is accepted. It is concluded that applying lavender aromatherapy was effective in reducing pain intensity of breast cancer patients with an average value of reducing 0.851.

Therefore the nurses who spend much time with patients, they should collaborate only with professionals but they may directly apply nursing intervention such as applying lavender aromatherapy.

CONCLUSION

The result of the study indicated that:

1. Applying aromatherapy is effective on reducing pain intensity of breast cancer patients in RB2 A RSUP Haji Adam Malik Medan 2014.
2. Pain intensity of respondents before applied lavender aromatherapy to breast cancer patients in RB2 A RSUP Haji Adam Malik Medan were mostly severe about 22 respondents (81,5%).
   Pain intensity of respondents after applied lavender aromatherapy to breast cancer patients in RB2 A RSUP Haji Adam Malik Medan were mostly moderate about 24 respondents (88,9%).
3. Ha is accepted and Ho is rejected, it meant lavender aromatherapy was effective on reducing pain of breast cancer patients. The statistic test showed that pain intensity before and after applied lavender aromatherapy were significantly different with the value p=0.00 (p<0,05).

SUGGESTION

1. To Respondents
   It is suggested to breast cancer patients to apply lavender aromatherapy to reduce their pain, so they do not depend on analgesic drugs because the dosage of the analgesic become more and more
2. To the Hospitals
   Hospitals should applied an intervention such as lavender aromatherapy intervention to relieve or to reduce pain intensity of breast cancer patients.
3. To The Educational Institution

It is also suggested to educational intuitions to improve students' knowledge and ability more about the importance of non pharmacological therapy especially applying lavender aromatherapy to the breast cancer patients.

4. To the further researcher
   It is suggested to further researcher to make this study as preliminary data and a source of information for the cultivation of further research about the effectiveness of lavender aromatherapy on reducing pain intensity of breast cancer patients.

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