

**EFEKTIFITAS INTERVENSI AROMATERAPI PEPPERMINT  
DALAM MENGURANGI MUAL DAN MUNTAH PADA  
PASIE KANKER SERVIKS YANG MENJALANI  
KEMOTERAPI**

**KARYA ILMIAH AKHIR NERS**



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**PROGRAM STUDI PROFESI NERS  
FAKULTAS ILMU KESEHATAN  
UNIVERSITAS MUHAMMADIYAH MALANG**

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Diajukan Kepada Universitas Muhammadiyah Malang Untuk Memenuhi Salah  
Satu Persyaratan Dalam Menyelesaikan Program Studi Profesi Ners



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2025**

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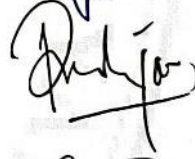

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## KATA PENGANTAR

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Malang, 24 Maret 2025

Sulaiman

## ABSTRAK

### **Efektifitas Intervensi Aromaterapi Peppermint Dalam Mengurangi Mual dan Muntah Pada Pasien Kanker Serviks yang Menjalani Kemoterapi**

Sulaiman<sup>1</sup>, Ollyvia Freeska Dwi Marta<sup>2</sup>,

**Latar belakang:** Kemoterapi merupakan pengobatan utama kanker yang sering disertai efek samping berupa mual dan muntah, khususnya pada pasien kanker serviks. Salah satu pendekatan non-farmakologis yang potensial adalah penggunaan aromaterapi peppermint.

**Tujuan:** Mengetahui efektivitas intervensi aromaterapi peppermint dalam menurunkan tingkat mual dan muntah pada pasien kanker serviks yang menjalani kemoterapi.

**Metode:** Studi kasus pada satu pasien kanker serviks yang dirawat di Rumah Sakit di kota Malang selama 11–13 Maret 2025. Intervensi dilakukan dengan pemberian aromaterapi peppermint dua kali sehari selama dua hari. Pengukuran tingkat mual dan muntah menggunakan kuesioner Index of Nausea, Vomiting, and Retching (INVR).

**Hasil:** Skor INVR menurun secara bertahap dari 19 (berat) menjadi 8 (ringan) setelah intervensi. Perasaan ingin muntah pasien juga menunjukkan perbaikan dari skala cukup meningkat ke cukup menurun.

**Kesimpulan:** Aromaterapi peppermint efektif dalam menurunkan intensitas mual dan muntah pada pasien kanker serviks yang menjalani kemoterapi dan dapat digunakan sebagai terapi komplementer dalam asuhan keperawatan

**Kata Kunci:** *Aromaterapi peppermint, mual, muntah, kanker serviks, kemoterapi.*

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## ABSTRACT

### **The Effectiveness of Peppermint Aromatherapy in Reducing Nausea and Vomiting in Cervical Cancer Patients Undergoing Chemotherapy**

Sulaiman<sup>1</sup>, Ollyvia Freeska Dwi Marta<sup>2</sup>,

**Background:** Chemotherapy is the primary treatment for cancer, often accompanied by side effects such as nausea and vomiting, particularly in patients with cervical cancer. One potential non-pharmacological approach is the use of peppermint aromatherapy.

**Objective:** To determine the effectiveness of peppermint aromatherapy intervention in reducing the levels of nausea and vomiting in cervical cancer patients undergoing chemotherapy.

**Method:** A case study was conducted involving a cervical cancer patient admitted to Hospital in Malang from March 11 to 13, 2025. The intervention involved administering peppermint aromatherapy twice daily over a two-day period. The levels of nausea and vomiting were measured using the Index of Nausea, Vomiting, and Retching (INVR) questionnaire.

**Result:** The INVR score gradually decreased from 19 (severe) to 8 (mild) following the intervention. The patient's urge to vomit also showed improvement, moving from a rating of "moderately increased" to "moderately decreased".

**Conclusion:** Peppermint aromatherapy is effective in reducing the intensity of nausea and vomiting in cervical cancer patients undergoing chemotherapy and can be utilized as a complementary therapy in nursing care.

**Keywords:** *Peppermint aromatherapy, nausea, vomiting, cervical cancer, chemotherapy.*

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### HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro Karya Ilmiah Akhir Ners (KIAN) Program Studi Profesi Ners Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang, yang telah dilaksanakan pada hari dan tanggal 30 juni 2025 pada karya tulis ilmiah mahasiswa di bawah ini :

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Jenis naskah : Karya Ilmiah Akhir Ners (KIAN)  
Keperluan : mengikuti ujian seminar hasil KIAN  
Hasil dinyatakan : MEMENUHI / ~~TIDAK MEMENUHI~~ SYARAT\* dengan rincian sebagai berikut

| No | Jenis naskah                          | Maksimum kesamaan | Hasil deteksi |
|----|---------------------------------------|-------------------|---------------|
| 1  | Bab 1 (Pendahuluan)                   | 25%               | 17%           |
| 2  | Bab 2 (Tinjauan pustaka)              |                   |               |
| 3  | Bab 3 (Laporan kasus kelolaan utama)  |                   |               |
| 4  | Bab 4 (Analisis situasi)              |                   |               |
| 5  | Bab 5 (Penutup, kesimpulan dan saran) |                   |               |

Keputusannya : LOLOS / ~~TIDAK LOLOS~~ plagiasi

Mengetahui,  
Biro KIAN Profesi Ners

Malang, 1 Juli 2025.  
Petugas pengecek plagiasi

  
Feny - H.



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**DETEKSI PLAGIASI**

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| No | Jenis Naskah                                | Nilai max | Hasil Deteksi |       |       |     |       |       |     |       |       |
|----|---|-----------|---------------|-------|-------|-----|-------|-------|-----|-------|-------|
|    |   |           | 1             |       |       | 2   |       |       | 3   |       |       |
|    |   |           | Tgl           | Paraf | Hasil | Tgl | Paraf | Hasil | Tgl | Paraf | Hasil |
| 1  | Bab 1<br>(pendahuluan)                      | 25 %      |               |       |       |     |       |       |     |       |       |
| 2  | Bab 2<br>(tinjauan pustaka)                 |           |               |       |       |     |       |       |     |       |       |
| 3  | Bab 3<br>(laporan kasus<br>kelolaan utama)  |           | 1/25<br>Juh   | 17%   |       |     |       |       |     |       |       |
| 4  | Bab 4<br>(analisis situasi)                 |           |               |       |       |     |       |       |     |       |       |
| 5  | Bab 5<br>(penutup, kesimpulan<br>dan saran) |           |               |       |       |     |       |       |     |       |       |