

**THE EFFECT OF CYMBOPOGON CITRATUS OIL
AROMATHERAPY IN PREVENTING POSTPARTUM BLUES
IN PRIMIPAROUS MOTHERS IN SUKOHARJO
HOSPITAL, CENTRAL JAVA**

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ABSTRACT

Background: Postpartum blues is one of the psychological complications in postpartum mothers characterized by maternal unwillingness to take care of her infant. Postpartum blues have been experienced by many primipara mothers. Studies have shown that oil aromatherapy worked for relaxation or anti-depression. This study aimed to determine the effect of *Cymbopogon citrates* oil aromatherapy in preventing postpartum blues in primipara mother.

Subjects and Method: This was a quasi experiment with pre and post test design conducted at Sukoharjo Hospital, Central Java. A sample of 15 primipara postpartum mothers was selected for this study. The dependent variable was postpartum blues. The independent variable was *Cymbopogon citrate* oil aromatherapy. The postpartum blues was measured by Edinburg Postnatal Depression Scale (EPDS). The other variables were collected by questionnaire. The data were tested by Paired t-test.

Results: After intervention, the level of stress in postpartum mothers (mean= 8.67; SD= 2.12) was lower than before intervention (mean= 9.73; SD= 3.03) and it was statistically significant (p= 0.011).

Conclusion: *Cymbopogon citratus* oil aromatherapy can reduce postpartum blues in postpartum mothers.

Keywords: stress, postpartum blues, *Cymbopogon citrates*, aromatherapy

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