

**PENGARUH AROMATERAPI LAVENDER (AL)  
DALAM MENURUNKAN KECEMASAN PADA  
PASIEN SEBELUM DILAKUKAN ODONTEKTOMI**

***(THE EFFECT OF LAVENDER AROMATHERAPY IN  
DECREASING PATIENT ANXIETY OF  
ODONTECTOMY SURGERY)***

**ABSTRACT**

**Background:** Odontectomy is one of complex oral surgery that often causes dental anxiety in patient. Severe anxiety can disturb treatment. Therefore, method which decreases anxiety in patient is needed. One of the method, which simple to operate and has minimal risk, is using lavender aromatherapy. **Purpose:** The aim of this study was to find out an effect of lavender aromatherapy in decreasing anxiety before undergoing odontectomy. **Method:** This research was done on 30 samples from surgery patient that the first time indicated for odontectomy surgery. Blood pressure of odontectomy patient was measured by sphygmomanometer. First measurement was done after diagnosing patient. Second measurement was done after reading inform consent and the last measurement was done after patient got lavender aromatherapy. Pulse was measured by counting its amount using arterial radialis palpation technique on left wrist for 60 seconds and repeated 3 times (similar with blood pressure measurement). **Results:** There was significant differences in blood pressure and pulse after giving inform consent and lavender aromatherapy ( $p,0,005$ ). **Conclusion:** blood pressure and pulse decreased in the application of Lavender aromatherapy.

**Key words:** Aromatherapy Lavender, Dental Anxiety, Blood Pressure, Pulse