# ABSTRACT

## The Effect of Combined Guided Imagery and Lavender Aromatherapy on Preoperative Anxiety in Women Undergoing Caesarean Section: Advancing Maternal Health

Hestri Norhapifah, Nina Nurul Jannah, Miftahul Jannah, Ervani Adnasari,
Rusiah Dewi, Yuni Puspo Handayani, Henny Hermayunita

**Correspondence E-mail :** miftasr@itkeswhs.ac.id

Background : Anxiety is common among pregnant women awaiting caesarean section and may affect their physical and psychological well-being. Non-pharmacological interventions such as guided imagery and lavender aromatherapy may provide a complementary approach to anxiety management.

Objective : To determine the effect of combined guided imagery and lavender aromatherapy on anxiety levels among pregnant women before caesarean section.

Research Methods/ Implementation Methods : A quasi-experimental study with a one-group pre-test and post-test design was conducted at RSUD Kudungga, Sangatta. The study involved 25 pregnant women scheduled for caesarean section, selected using non-probability sampling according to the study criteria. Anxiety was assessed before and after the intervention using the Zung Self-Rating Anxiety Scale (ZSAS). Participants received a 30-minute combination of guided imagery and inhaled lavender aromatherapy before surgery. Data were analysed using the Wilcoxon signed-rank test.

Results : Before the intervention, 6 participants (24%) experienced mild anxiety, 16 (64%) moderate anxiety, and 3 (12%) severe anxiety. Following the intervention, 8 participants (32%) reported no anxiety, 15 (60%) had mild anxiety, and 2 (8%) had moderate anxiety. The Wilcoxon test showed a significant difference in anxiety levels before and after the intervention ($p < 0.001$), with all 25 participants exhibiting a decrease in anxiety scores.

Conclusion/Lesson Learned : The combination of guided imagery and lavender aromatherapy significantly reduces preoperative anxiety among pregnant women scheduled for caesarean section, supporting non-pharmacological maternal care protocols.

Keyword : guided imagery; lavender aromatherapy; anxiety; caesarean section; pregnancy.