

The Impact of Aromatherapy with Lavender on Appetite in Undernourished Toddlers (1-2 Years Old)

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ABSTRACT

Aromatherapy is an effective and gentle way to improve body health, overcome minor disorders and cause reflexes. The lavender essential oil contains an effect on increasing appetite. Quantitative research was a pre-experimental design in the form of the one group pretest-posttest without control design. The research population was all mothers who had toddlers aged 1-2 years. The samples taken were all mothers who had toddlers aged 1-2 years totaling 18 toddlers using a purposive sampling technique. Data analysis is univariate and bivariate analysis with the Shapiro-Wilk normality test and paired t-test statistical test. The effect of giving lavender aromatherapy on appetite in malnourished toddlers aged 1-2 years with a p value of (0.214), with a pretest difference value of 20.77 and post test 22.22 so that there is significance between the independent variable and the dependent variable. Aromatherapy increases appetite in toddlers so that food intake also increases significantly.

Keywords: aromatherapy, effect, lavender, toddlers

BACKGROUND

Nutrition is an important factor in realizing Indonesian humanity. Children under five aged 0–5 years are a group that is vulnerable to nutritional problems. During this period, children experience very rapid growth and development, so they need adequate and nutritious food intake. The growth and development of toddlers is something that needs great attention. (Alamsyah, dkk. 2019).

Malnutrition is the impact of children's nutritional needs not being met, which has been going on for a long time. The first 1-2 years of a child's life is the child's golden period which will determine their future life, so this is the main concern that should not be taken for granted. Malnutrition can be made worse if a child experiences an infectious disease and, as a result of malnutrition in children, the child's growth and physical development can be disrupted, so attention is needed to pay attention to the nutritional status of toddlers.

According to the World Health Organization (WHO), children under five aged 1-2 years are a group that is vulnerable to nutritional problems. During this period, toddlers experience very rapid growth and development, so they need sufficient and nutritious food intake. Malnutrition is one of the diseases caused by nutrition which is still a problem in Indonesia.

Nutritional problems in toddlers can have an impact on the quality of human resources, so that if not addressed it can cause a lost generation. Malnutrition can result in failure to grow and develop, increasing the death rate of 3.5 million children under five years of age (toddlers). WHO data shows that cases of underweight preschool children in the world are 15.7% and overweight preschool children are 6.6%. (Hasrul, Hamzah, Aslinda Hafid. 2020).

Based on research conducted by Mutiara Irmaya, it is known to be effective. The ingredient in lavender that is thought to be responsible for the effect of increasing appetite is its essential

oil. The effect of increasing appetite by lavender essential oil is possible due to its choleric properties, namely accelerating bile secretion, thus speeding up gastric emptying as well as digestion and absorption of fat in the intestine, which then secretes various hormones that regulate increased appetite.

METHODS

This type of research is quantitative research with a pre-experimental design in the form of the one group pretest-posttest without control design. (SARI, dkk. (2019). With a pre post test approach model. In this study, the independent variable was lavender aromatherapy which was given deliberately to research subjects, namely babies aged 1-2 years, to determine the effect on the dependent variable, namely appetite. The research was carried out from the beginning of preparation for implementation and preparation of reports from February 2022 to August 2022 in the working area of the Tuangila Community Health Center. The population in this study were mothers who had toddlers aged 1-2 years, totaling 19 toddlers. The sampling technique uses nonprobability sampling. (SARI, dkk. (2019). The research instrument uses a questionnaire whose validation and reliability have been tested. Data analysis includes univariate analysis presenting mean, standard deviation, minimum and maximum values as well as bivariate analysis using normal distribution data. The normality test was carried out using the Shapiro-Wilk test because there were ≤ 50 respondents (19 people).

	Appetite in Undernourished Toddlers Aged 1-2 Years	<i>Shapiro-Wilk</i>		
		Statistic	Df	Sig.
Lavender	<i>Pre test</i>	0,932	18	0,214
Aromatherapy	<i>Post test</i>	0,939	18	0,282

RESULTS

Table 1. Average Distribution of Respondents Based on giving lavender aromatherapy on appetite in malnourished toddlers aged 1-2 years.

Based on table 1, it can be seen that the pre-test average is 20.77 with SD (Std. Deviation) which is 1.86 and SE (Std. Error) which is 0.43. Meanwhile, the post test average was 22.22, SD (Std. Deviation) was 1.73 and SE (Std. Error) was 0.40. The statistical test results showed that the p value = 0.002, (< 0.05) which means that H_0 was rejected and H_a was accepted so that there was a significant difference in the pre-test and post-test averages.

Table 2. Results of the Shapiro-Wilk normality test.

Based on table 2, it shows that the Shapiro-Wilk normality test value for the effect of lavender aroma therapy on increasing appetite in malnourished toddlers aged 1-2 years at the Tuangila Community Health Center in 2022 in the pretest category, has a normal distribution, namely p value = 0.214 (p value > 0.05), in the post test category it has a normal distribution, namely p value = 0.282 (p value > 0.05).

Providing Lavender Aromatherapy on Appetite in Undernourished Toddlers aged 1- 2 years	Mean	SD (<i>Std. Deviation</i>)	SE (<i>Std. Error</i>)	<i>P value</i>	N
<i>Pre test</i>	20,77	1,86	0,43	0,002	18
<i>Post test</i>	22,22	1,73	0,40		18

DISCUSSION

Based on 18 respondents (100.0%), it has an influence on increasing appetite in malnourished toddlers aged 1-2 years. Nutritional needs at the age of 1-2 years require very rapid growth and development so they require adequate and nutritious intake. The results of this research are in line with research conducted by (Rahmawati 2021) entitled the application of aromatherapy to increase appetite in malnourished toddlers, showing the results that the nursing care that was carried out on An. K with nutritional deficits related to psychological factors (reluctance to eat) application of citronella oil aromatherapy to increase appetite for animal side dishes. According to the researchers' assumption, attention is needed to treat toddlers who have difficulty eating to maintain health and achieve optimal growth in toddlers. During toddlerhood, energy requirements for growth require more protein for growth. This essential oil can influence brain function activities through the nervous system which is related to the sense of smell which is related to the recovery of psychological conditions (such as emotions, feelings, thoughts and desires). In this study, aromatherapy increased appetite in toddlers so that food intake also increased significantly.

CONCLUSION

There is a difference in the average value of the appetite level of malnourished toddlers before being given lavender aromatherapy, namely 18 respondents (100.0%) with an average of 20.22, SD (Std. Deviation) 1.86 and SE (Std. Error) 0.43. After being given lavender aroma therapy, there were 18 respondents (100.0%) with an average of 22.22, SD (Std. Deviation) 1.73 and SE (Std. Error) 0.40. The effect of providing lavender aromatherapy on increasing appetite in malnourished toddlers aged 1-2 years is that the Shapiro-Wilk normality test value has a normal distribution, namely p value = 0.214 (p value > 0.05).

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