The impact of combination therapy utilizing citrus limon aromatherapy and Mozart classical music distraction therapy to reduce the pain intensity in post-sectio caesarea mothers

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Background
The pain intensity in section caesarea postpartum women remains the most difficult physical and emotional obstacle and also it has a direct impact in slower recovery rate. Different physical and non-physical therapies were implemented to reduce the pain and to speed up the recovery. The objective of this study is to assess the direct impact to the mothers after applying a combination therapy using lemon aromatherapy and Mozart classical music distraction therapy.

Method
A total of thirty women aged between 18 and 37 years were included in this study with two sets of treatments. Fifteen correspondents received the treatments of lemon aromatherapy combined with Mozart classical music and the other fifteen obtained only deep breathing relaxation therapy (as control group). All treatments were applied for 15 minutes in one day. The level of pain intensity was measured before and after treatments.

Result
After two sets of different treatments were applied to thirty of the correspondence women, the pain intensity was measured and analyzed. A Wilcoxon signed-ranked test indicated that the combination of lemon aromatherapy and Mozart classical music was efficient to reduce the pain in the subjects of this study (p<0.05). Additionally, based on the final scoring, the deep breathing exercise was less effective in lowering the pain compared to the combination of lemon aromatherapy and Mozart classical music albeit it differed significantly based on Mann-Whitney U non-parametric analysis (p<0.05).

Discussion
The aim of this study was to investigate the effect of Citrus limon aromatherapy in combination with Mozart classical music distraction therapy on pain intensity levels among post-caesarean mothers. The findings in this study revealed that the combination therapy indeed significantly reduced the level of pain intensity experienced by the post-caesarean mothers (P<0.05). In comparison to control group with deep breathing exercise treatment, the combination therapies had a greater significant reduction in pain level (P<0.05). The results of the current study goes in line with the previous studies reported that there was a significant decrease in pain intensity and anxiety level after inhaling the citrus aromatherapy in post-caesarean mothers. Another study suggested that classical music therapy can be used before, during and after post-caesarean section to reduce the level of pain and anxiety in mothers.

Conclusion
A significant positive deviations in pain intensity was observed in section caesarea postpartum women after receiving the combination treatments of lemon aromatherapy and Mozart classical music. Further studies that include prolonged follow-ups observation should be conducted to achieve an improved result.

Bibliography