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The Anxiety Levels Management Using Lemongrass Aromatherapy in RT 7 RW 4 Residents Kapasari Village Semampir District Surabaya

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A B S T R A C T

The Covid-19 pandemic affects people's psychology, particularly the incorrect information about covid-19 that causes worry, stress and anxiety. This study aims to manage anxiety levels by using lemongrass aromatherapy. Community service activities were carried out in the RT 7 RW 4 Kapasari Village area, with as many as 34 residents. The activities carried out were about health education and the manufacture of lemongrass aromatherapy. While the health condition used media in the form of leaflets. Activities were carried out online and offline. Measuring instruments used was Anxiety Scale (CAS). The results showed a change in anxiety levels, namely not anxiety as much as 64.7% and anxiety as much as 35.3%. Lemongrass contents can provide a sense of relaxation to reduce anxiety. Proper anxiety management during the Covid-19 pandemic can increase immunity and provide serenity so that people can have a good And healthy life.

INTRODUCTION

In December 2019, the first case of pneumonia new type was found in Wuhan, Hubei Province. This outbreak was named coronavirus disease 2019 (Covid-19) caused by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2) spreading rapidly to more than 190 countries, (Susilo et al., 2020). The Covid-19 pandemic has a psychological impact on the wider community, as well as the emerging news that has caused feelings of worry, distress, stress and anxiety (Ikawati & Murtiwidayanti, 2021; Riamah, 2022). Anxiety is a psychiatric reaction that is full of worry about something that may happen to protect yourself from mental disorders (Murtiwidayanti & Ikawati, 2021; Salsabilla, 2020).

Anxiety during the Covid-19 pandemic is natural to happen, because of the existence of a new type of virus, namely Covid-19, which spreads quickly and is life-threatening (Alfaini et al., 2021; Murtiwidayanti & Ikawati, 2021). The research result conducted by (Megatsari et al., 2020) found that older people experiences less high anxiety, the 20-29-year-old age group is 4,330 times more likely to experience anxiety than the 50-year-old age group, while the 40-49 age group has a 2,322 times higher chance of experiencing anxiety than the 50-year-old age group. Male respondents had a lower chance of experiencing moderate to high anxiety than women. Respondents with secondary and low education were 3,117 times more likely to experience higher anxiety compared to respondents with higher education levels.

The initial survey results in April 2021 conducted in the RT 7 RW 4 of Kapasari Village area, Semampir Subdistrict, in 10 people obtained 5 people were not anxious, and 5 people experienced anxiety. Some residents said that they were worried about contacting with covid-19, they were afraid when their neighbours are infected by covid, afraid if there are residents who show characteristics of being affected by covid-19, afraid if there are residents who die from covid, and afraid that they will be sick and the doctor diagnosed them as infected by covid.

One of the non-pharmacological therapies to reduce anxiety is to provide aromatherapy (Mariani et al., 2021). One type of aromatherapy that can be used to overcome anxiety is lemongrass aromatherapy, where there are citral, linalool, geraniol and citronellal contents are believed to affect mood and lower anxiety (Cibro et al., 2019). The study results (Cibro et al., 2019) found a significant difference in the decrease in anxiety values after aromatherapy administration between the intervention and control groups ($p = 0.001$).

Referring to this issue, the provision of lemongrass aromatherapy can be applied to the community by processing lemongrass into aromatherapy. Community service activities aim to manage anxiety levels by using lemongrass aromatherapy on residents in RT 7 RW 4 Kapasari Village, Semampir District Surabaya.

METHOD

Community service activities held in April-May 2021 in the RT 7 RW 4 area of Kapasari Village, Semampir District. The activities agenda carried out were the initial survey; regional observation, coordination with residents, socialization of activities to be carried out, implementation of activities, evaluation, and preparation of reports activities.

The target of young adults-final adulthood is 34 people. Residents who participated in previous activities filled out a willingness form to be respondents, and residents who left or were not present during the activity were considered to drop out. Activities are carried out online and offline. Offline activities were carried out in one of the residents' homes by implementing health protocols and online activities through zoom meetings. Before and after being given Health education and lemongrass making demonstrations were given the COVID-19 Anxiety Scale (CAS) questionnaire.

This community service activity includes health education and a demonstration of how to make lemongrass aromatherapy. Health education materials include understanding anxiety, causes of anxiety, sign and symptoms of anxiety, understanding aromatherapy, aromatherapy benefits, aromatherapy content, lemongrass aromatherapy content, how to Aromatherapy making and how to use aromatherapy. The educational media used was leaflets.

RESULT AND DISCUSSION

Table 1. Anxiety Levels Before and After Being Given Lemongrass Aromatherapy

Anxiety Level	Before		After	
	F	%	F	%
Not Anxious	19	55,8%	22	64,7%
Anxious	15	44,2%	12	35,3%

Source: Primary Data (2021)

Table 1 shows that there are changes in anxiety levels before and after being given lemongrass aromatherapy, namely not experiencing anxiety as much as 64.7% (22 people) out of 55.8% (19 people) while those who experience anxiety as 35.3% (12 people) out of 44.2% (15 people).

The community service activities results obtained positive results. The lemongrass contents really works to reduce anxiety and relaxing the mind. However, anxiety is also affected by the mind and people's environment. When people can control their mind, they wil lnot get anxiety.

Community service activities are efforts to manage anxiety during the covid-19 pandemic in the RT 7 RW 4 residents of Kapasari Village, Semampir District Surabaya through health education activities and aromatherapy manufacturing demonstrations of lemongrass. This activity aims to increase the people's knowledge to manage anxiety levels properly and can independently make lemongrass aromatherapy.

This activity began with an initial survey and regional orientation in the RT 7 RW 4 area of Kapasari Village, Semampir District, Surabaya, which aims to identify health problems, followed by coordination with residents, namely with conduct time contracts and negotiating to get permission to carry out activities. Socialization of activities, namely conducting focus group discussions (FGD) with RW, RT and health cadres, then the implementation of activities, namely providing health education and demonstrations, and at the end of the meeting was held evaluation to see the behaviour changes and the preparation of activity reports.

During the activity, residents are enthusiastic in participating the whole activities, as evidenced by the many questions and no residents who drop out. Besides that there is also a change in anxiety levels of people. The change is obtained from the questionnaires results given before and after the activities. This shows that activities carried out together with citizens have a positive impact, where citizens are taught to think positively and remain optimistic and behave in healthy living. Aromatherapy of lemongrass is given by pressing it into cotton balls or tissues, as much as 2-3 drops then inhaled for 10-15 minutes and carried out for 3 days in a row.

Anxiety management can be done by limiting the exposure of information that triggers distress, selecting the information received about covid-19, namely information that can be accounted for, doing useful and productive daily activities and thinking positively in facing the Covid-19 pandemic, doing fun hobbies, exercising and still meeting balanced nutrition, always comply with government-recommended health

protocols, maintain relationships with family and friends by phone or social media (Alfaini et al., 2021; Murtiwidayanti & Ikawati, 2021).

Anxiety management can also be done by using non-pharmacological therapy, namely using lemongrass aromatherapy which is effective in lowering anxiety (Cibro et al., 2019; Rosyida, 2020). The therapeutic aroma of lemongrass contains *citral*, *linalool*, *geraniol*, and *citronellal* which affect mood to be calmer, relax the body, and reduce anxiety, as a treatment in healing. In addition, the lemongrass aroma is familiar in the community and smells good.

a.



b.



c.



d.



e.



Fig. 1 Counseling media: (a) Anxious, (b) Counseling media: Lemongrass Aromatherapy, (c) Residents fill out questionnaires, (d) Residents try lemongrass aromatherapy, (e) Demonstrations of making lemongrass aromatherapy
Source: Primary Data (2021)

CONCLUSION

Anxiety that occurs in the community during the Covid-19 pandemic is a natural thing to happen, considering this virus is easily contagious and life-threatening, besides the amount of information that spread quickly cause riot in community. This phenomenon increase the anxiety levels in the community. Positive activities such as providing health education such as anxiety management and giving and making aromatherapy become alternatives to manage anxiety. Doing positive activities affect the mental health and can increase immunity so that people will not easily expose with the diseases and viruses.

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