

The Effect of Inhalation of Ylang-ylang Aroma on the Levels of Anxiety of Parents with Hospitalized Toddlers Diagnosed with Pneumonia

Authors : Crisostomo Hart A., Cruz Anna Cecilia R., Cruz Bianca Isabelle A., Cruz John Edward Ligzurc M., Cruz Mikaela Denise P.

Abstract : Aim/purpose: The researchers aimed to determine the effect of Ylang-ylang aroma in decreasing the anxiety levels of parents with hospitalized toddlers diagnosed with pneumonia. Method: Quantitative Quasi-experimental one-group pre-test post-test design was utilized in the study. The study includes a pretest, an intervention, and a posttest on the same experimental group. Participants are parents aged 20 - 35 years old with a hospitalized toddler who is diagnosed with pneumonia. Anxiety levels were measured before the intervention using the State Trait Anxiety Inventory by Spielberger. Those who scored 41-120 proceeded to receive the intervention. The intervention was a 3-day course of aromatherapy where the participants inhaled the Ylang-ylang flower at a distance of 10 - 15 cm away from the face for 10 minutes. The post-test using the same instrument measured the levels of anxiety after the 3-day aromatherapy. Paired T-test of SPSS 21.0 was used to analyze the pre-test and post-test scores. Results: Study yielded a p value of 0.047 which shows significant difference between the levels of anxiety before and after the intervention. Conclusions: Based on the data analysis, the researchers concluded that inhalation of Ylang-ylang aroma is effective in reducing the anxiety level of the parents of hospitalized toddlers diagnosed with Pneumonia.

Keywords : Ylang-ylang, Pneumonia, Toddlers, Aromatherapy

Conference Title : ICNM 2015 : International Conference on Nursing Management

Conference Location : London, United Kingdom

Conference Dates : May 25-26, 2015