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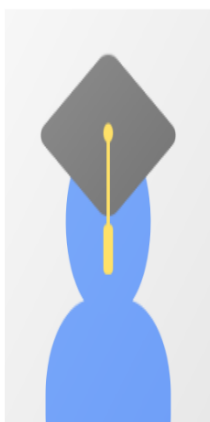
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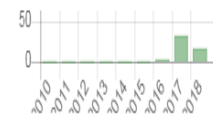
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Launched in December 2015, Belitung Nursing Journal (BNJ) is a refereed international publication that provides a venue for nursing scholarship with an Asian focus and perspectives from the region. We aim to highlight research on nursing science, nursing management and policy, education and practice in the Asia-Pacific region and among Asian communities around the world to a wide international audience.

BNJ is an official publication of Department of Publication of Belitung Raya Foundation in Belitung Indonesia, jointly with Indonesian National Nurses Association of Belitung Indonesia (PPNI Belitung) and Poltekkes Kemenkes Pangkal Pinang Prodi Keperawatan Belitung.

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BNJ has been accredited by the Ministry of Science, Research, Technology and Higher Education of Indonesia (RISTEKDIKTI RI) with No: **10/3/KPT/2019**, valid until 2024. (SINTA grade 3).

Why Belitung Nursing Journal?

The name of Belitung is taken from our editorial house located in **Belitung Island**, Bangka Belitung Province, Indonesia as our identity. The reason is very simple that we need to prove and motivate young generations that although we are from a very small island, but our scope and networking are global.

Belitung Nursing Journal is one of the Indonesian products as a result of ASEAN and International networking, established as one of International journals to facilitate nursing scholars to publish their works, visions, and perspectives.

- From December 2015 until December 2017, BNJ had no Article Processing Charge for those who would like to submit their works in open access. The style for citation and reference format was in vancouver style.
- Since January 2018, BNJ established Article Processing Charge to maintain the website, add the server, and open access. The style for citation and reference format was changed to APA style 6th edition, as we got the feedbacks from authors to have difficulty in vancouver style.
- From January 2019, we become a member of crossref. Thus, the style for citation and reference format have changed to APA style 6th edition with DOI number.
- Since April 14, 2020, the name Belitung Raya Publisher was changed to Department of Publication of Belitung Raya Foundation in response to the confusion about the connection between Belitung Raya Publisher and Belitung Raya Foundation. The letter can be seen [here](#)



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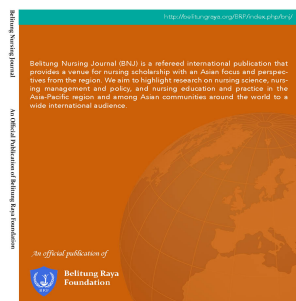
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To keep our BNJ editors, authors, and readers informed of BNJ's progress and development, the journal hereby shares [the 2020 editorial update](#). All editors are selected based on their track records in Scopus.

We wish to thank our editorial members for their continued support!

Posted: 2019-09-16

UPDATED CITATION & REFERENCE FORMAT 2019

As BNJ is a member of Crossref since January 2019, **APA (American Psychological Association) format 6th Edition with DOI assigned** is then used for citation and references from Volume 5 Issue 2.

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THE IMPACT OF LAVENDER AROMATHERAPY ON PAIN INTENSITY AND BETA-ENDORPHIN LEVELS IN POST-CAESAREAN MOTHERS

Yohana Putri Apriyanti, [Suhartono Suhartono](#), Ngadiyono Ngadiyono

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ABSTRACT

Background: Caesarean section is one of the most common interventions to overcome labor complications. However, pain cannot be avoided after the surgery. Lavender aromatherapy is considered as one of non-pharmacological therapy to reduce pain and increase beta-endorphin levels.

Objective: To examine the effect of lavender aromatherapy on the intensity of pain and beta-endorphin levels in post-caesarean mothers.

Methods: This was a quasi-experimental study with pretest and posttest with control group at Sembiring Delitua General Hospital in Indonesia on December 2016 to February 2017. There were 40 samples selected using purposive sampling, with 20 samples assigned in the experiment and control group. Numerical Rating Scale (NRS) was used to measure pain and ELIZA methods to measure beta-endorphin levels. Independent t-test and paired t-test were used for data analysis

Results: Results of this study showed that there was a significant difference in the mean value of pain intensity levels ($p = 0.000$) and beta-endorphin levels ($p = 0.023$) between experiment and control group.

Conclusion: There was a significant effect of lavender aromatherapy on the decrease of pain intensity and the increase of beta-endorphin hormone in post-caesarean mothers. It is expected that lavender aromatherapy can be used as an alternative treatment to reduce pain and increase beta-endorphin levels in post-caesarean mothers.

KEYWORDS

caesarean section; pain intensity; beta-endorphin; lavender aromatherapy

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