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## The effect of lavender aromatherapy to junior nursing students' anxiety, concentration and memory retention

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**Background:** Anxiety can negatively affect individual's performance in school. This can further influence the physical and mental health of students in terms of concentration and memory retention. Several studies have shown that lavender aromatherapy was effective in reducing anxiety, improving concentration and increasing memory retention.

**Methods:** Pre-post intervention with a quasi-experimental design was used. A total of 55 participants completed the pre-test as well as the post-test tools. A pre-test of each tool (S-TAI (form Y-1), Stroop Effect Assessment Tool and Return Demonstration Checklist) was obtained as a baseline data for the study. Subsequently, lavender aromatherapy was diffused 30 minutes per session in an enclosed room. After the intervention, anxiety, concentration and memory retention were measured through a post-test of each tool.

**Results:** Paired t-test revealed in the three tests were considered to be significant ( $p < 0.000$ ), justifying the effectiveness of the use of lavender aromatherapy in curtailing the anxiety as well as improving the concentration and increasing memory retention of junior nursing students.

**Conclusion:** The use of lavender aromatherapy could be used to decrease anxiety, improve concentration and increase memory retention. Thus, lavender aromatherapy may be a substitute to promote cost-effective and non-pharmacologic intervention that will be advantageous for nursing students.

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