

**UNIVERSITI TEKNOLOGI MARA**

**COMPARATIVE STUDY OF THE  
EFFECTIVENESS OF SERAI WANGI (LOCAL  
PRODUCT) AND LAVENDER (INTERNATIONAL  
PRODUCT) IN REDUCING STRESS AMONG  
NURSING STUDENTS: A RANDOMIZED  
CONTROLLED TRIAL**

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**Project Submitted is a Fulfilment of the**

**Requirement for the Degree**

**Bachelor of Nursing (Hons.)**

**Faculty of Health Sciences**

**JUNE 2016**

## AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with regulations of Universiti Teknologi MARA (UiTM). It is original and it is the result of my own work. This topic has not been submitted to any other academic institution or non- academic institution for any degree or other qualification in this time.

In the event that my dissertation is found to violate the condition mentioned as above, I voluntarily waive the right of conferment my degree and agree to be subjected to the disciplinary rules and regulation of UiTM.

Programme : Bachelor of Nursing (Hons)

Faculty : Faculty of Health Sciences

Project Title : Comparative Study of the Effectiveness of Serai Wangi (Local Product) and Lavender (International Product) in Reducing Stress among Nursing Students: A Randomized Controlled Trial

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## **ACKNOWLEDGEMENT**

In the name of ALLAH SWT, the most Gracious and the most Merciful, and Alhamdulillah praised to Allah for giving us strength to complete our final year project on the exact date and time. In the process of completing the this project, we would like to acknowledge and appreciate those individual that were so helpful in assisting, teaching, guiding and supporting us to reach our goal in this project. Special appreciation goes to our beloved supervisor, Madam Sharifah Shafinaz Binti Sharif Abdullah for the very kind and informative advices and thought that she has given to us in order to complete this research project. We would like to express our deepest sense of gratitude to Nursing Department and ethic committee of Faculty of Health Sciences, Universiti Teknologi MARA (UiTM), Kampus Puncak Alam for the approval and support of our study.

Most importantly, we also want to express our sincere gratitude to our family members and friends for heling and constant morale support. Without their encouragement, support and assistance during this research project, we possibly could not finish the research project. Special thanks to our research assistant Azeem Anas and Anis Amirah for giving us full cooperation and help during the research.

Lastly, we also would like to thank all of the respondents for their participation in this study.

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## ABSTRACT

Aromatherapy, therapeutic use of inhaled essential oils, is a popular stress-reducing approach due to low side effects. This study was carried out about aromatherapy and its effectiveness in reducing stress among nursing students in UiTM Puncak Alam. We are also introducing our local product, which is *Serai Wangi* (*Cymbopogon nardus*) as an essential oil. This study also reviews on the effectiveness of our local product, which is *Serai Wangi* aromatherapy to be compared with established aromatherapy, which is Lavender. This study used Randomized Controlled Trial, which involves nursing students in UiTM Puncak Alam. By using this design, we recruited three groups of participants where they were treated as one intervention group who received *Serai Wangi* as aromatherapy meanwhile the other two controlled groups received Lavender aromatherapy and plain water. The study held for two weeks and the duration of intervention is 8 hours, which is from 10pm until 6am. Result shows that stress level reduced significantly by using local aromatherapy, which is *Serai Wangi*, compared to the international aromatherapy, which is Lavender. Meanwhile, there is no significant reduction in stress level when we used plain water as a placebo. As conclusion, *Serai Wangi* has the same ability as Lavender and is potentially marketable.