

THE EFFECT OF AROMATHERAPY ON HUMAN BODY TO REDUCE STRESS

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With the name of ALLAH Most Gracious Most Merciful

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ABSTRACT

This thesis discusses on the analysis of human body aura and classify the effect of human body aura based on aromatherapy to reduce stress using Resonant Field Imaging (RFI) for Female PALAPES ROTU students. The measurements was taken from 20 female respondents on 17 Regions for Health Level and Third Eye Chakra around 5 minute before and after healing aromatherapy. The duration time to exposed the aromatherapy is around 10 minutes. A short interview was carried out with each respondent to confirm the results. In this research, the lavender and roses aroma as an experiment to measure the effect of aromatherapy to reduce stress. The data collected was analyzed by converting the frequency values to colour and score. For Health Level, 70% respondents from lavender aroma have stress improvement, while for roses aroma 60%. However, for comparison on Third Eye Chakra, lavender aroma is dominant in excellent and good categories whereas aromatherapy roses respondent is dominant in moderate and poor categories. It was found that generally the human stress is reduced.

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