

ABSTRACT

EVALUATION OF THE QUALITY AND EFFECTIVENESS OF LIQUID VAPE WITHOUT NICOTINE WITH CITRUS ESSENTIAL OIL (*Citrus reticulata*) TO REDUCE ANXIETY LEVELS

The results of Basic Health Research (Riskesdas) in 2018 stated that the number of Smokers in Indonesia reach more than a quarter of the population (28.9%). The research results met the requirements for homogeneity because there were no visible coarse grains and no lumps in the e-cigarette. fluid. Meets compatibility tests because the formula dripped on the vape device can emit smoke when used. Apart from that, the viscosity test of the liquid vape product that was developed showed results that were not much different from the market liquid from the combination formula of the comparative product at 3.458 cPs, while the Citrus Reticulata liquid vape was 2.15 cPs and the negative control was 3.01 cPs. Testing the effectiveness of liquid vape products showed pre post Citrus Reticulata State score results of 71.7 and 70.8 for pre post Trait scores of 63.8 and 63.5, while pre post state results of Citrus Reticulata essential oil combinations were 68 and 65 for pre post Trait scores of 63.8 and 62.3, so that from each formula for using Citrus reticulata and its combination there was an increase in anxiety with a decrease between the pre test and post test scores, while there was an increase in the pre post condition score of 70.7 and 73.8 with the pre post trait of 65 .8 and 68.7 of the negative control indicate results that result in a decrease in anxiety levels.

Keywords: Vape liquid without nicotine, Peppermint, Orange, Lavender