

## ABSTRACT

### EFFECTIVENESS OF NICOTINE OF LIQUID WITH LAVENDER ESSENSIAL OIL TO REDUCE ANXIETY LEVEL EFFECT OF ESSENSIAL

*This study aims to test the effectiveness of lavender-based liquid vape in reducing anxiety as a healthier alternative for smokers. This research is a pre-post randomized controlled experimental study, involving participants selected based on certain criteria to try several liquid formulas without nicotine at random. The participants were randomly divided into three groups: a formula containing *Lavandula angustifolia* L., a combination formula, and a control formula. The formulas tested were a liquid formula without nicotine containing Lavender essential oil, and the combination formula was an e-cigarette without nicotine. There were no significant differences between the three formulas in terms of anxiety levels. This study shows that formulas containing lavender essential oil can't reduce anxiety levels by reducing the anxiety level. Further research is needed to understand the mechanism of action and long-term effects of using this formula.*

**Keywords** – Anxiety, Liquid vape, Lavender