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**PENGARUH AROMATERAPI LAVENDER TERHADAP INSOMNIA PADA  
LANSIA DI KELURAHAN KARYA MULYA KECAMATAN KESAMBI KOTA  
CIREBON**

xi + 80 halaman + 5 tabel + 15 lampiran

**ABSTRAK**

Insomnia adalah masalah yang sering terjadi pada orang lanjut usia. yaitu ketidakmampuan untuk tidur. Penatalaksanaan dan pengobatan lanjut usia yang menderita insomnia secara garis besar dipisahkan menjadi dua kategori pengobatan farmakologis dan pengobatan nonfarmakologis. pengobatan farmakologi berfokus pada pemberian obat. Aromaterapi lavender merupakan salah satu intervensi non farmakologis yang dapat meningkatkan kualitas tidur pada lansia.

Jenis penelitian ini kuantitatif dengan desain penelitian menggunakan *one group pretest-posttest* dengan metode *pre- experimental* dan *uji paired t-test*. sebanyak 30 lansia dengan usia 55-65 tahun keatas dan akan diberikan diberikan kuesiones IRS (*Insomnia RatingScale*) yang akan diberikan sebelum dan sesudah pemberian aromaterapi lavender. Responden menerima aromaterapi lavender selama 8 hari berturut-turut.

Hasil penelitian menunjukkan bahwa aromaterapi lavender berpengaruh yang signifikan dalam insomnia pada lansia. Sebelum diberikan aromaterapi lavender terdapat 25 responden (80,6%) insomnia berat dan 5 responden (16,1%) insomnia ringan. Setelah diberikan aromaterapi lavender 27 responden (90,0%) tidak insomnia dan 3 reponden (10,0%) insomnia sedang. nilai *p value* sebesar 0,00 atau  $< 0,05$  dengan demikian dapat disimpulkan bahwa  $H_0$  ditolak dan  $H_a$  diterima.

Pada pemberian aromaterapi lavender pada lansia di Kelurahan Karya Mulya Kecamatan Kesambi Kota Cirebon terjadi perubahan tingkat insomnia sebelum dan sesudah pemberian aromaterapi lavender selama 8 hari berturut-turut.

**Kata Kunci : insomnia, aromaterapi lavender, lansia**

**Daftar Pustaka : 32 (2014-2023)**

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**THE EFFECT OF LAVENDER AROMATHERAPY ON INSOMNIA IN THE ELDERLY IN KARYA MULYA VILLAGE KESAMBI DISTRICT CIREBON CITY**

*xi + 80 pages + 5 tables + 15 appendices*

**ABSTRACT**

Insomnia is a problem that often occurs in elderly people. namely the inability to sleep. Management and treatment of elderly people who suffer from insomnia are broadly divided into two categories of pharmacological treatment and nonpharmacological treatment. Pharmacological treatment focuses on drug delivery. Lavender aromatherapy is a non-pharmacological intervention that can improve sleep quality in the elderly.

This type of research is quantitative with a research design using one group pretest-posttest with the pre-experimental method and paired t-test. as many as 30 elderly people aged 55-65 years and over and will be given the IRS (Insomnia Rating Scale) questionnaire which will be given before and after giving lavender aromatherapy. Respondents received lavender aromatherapy for 8 consecutive days.

The results showed that lavender aromatherapy had a significant effect on reducing insomnia in the elderly. Before being given lavender aromatherapy, there were 25 respondents (80.6%) with severe insomnia and 5 respondents (16.1%) with mild insomnia. After being given lavender aromatherapy, 27 respondents (90.0%) had no insomnia and 3 respondents (10.0%) had moderate insomnia. the p value is 0.00 or <0.05, thus it can be concluded that Ho is rejected and Ha is accepted.

In administering lavender aromatherapy to the elderly in Karya Mulya Village, Kesambi District, Cirebon City, there was a in the level of insomnia before and after giving lavender aromatherapy for 8 consecutive days.

**Keywords:** *insomnia, lavender aromatherapy, elderly*

**Referencies :** *32 (2014-2023)*