ABSTRACT

The Effect of Lavender Aromatherapy on Sleep Quality of Third Trimester Pregnant Women at Ngrowo and Salen Villages Mojokerto Regency

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The older the gestational age, there would be psychological changes, including the concern of the mother if premature labor, her child was disabled, and aggravated by mother's physic conditions including an uncomfortable sleeping position, fetal movements at night which could cause the quality of mother's sleep disturbed. Poor sleep quality could be overcome with aromatherapy, one of which was lavender. The purpose of this study was to determine the effect of lavender aromatherapy on the sleep quality of third trimester pregnant women. The design of this study was pre-experimental with pretest-post test one group design approach. The population in this study were all third trimester pregnant women in Ngrowo Village and Salen Village, Bangsal Subdistrict, Mojokerto Regency, on March 6-27th 2019 as many as 19 people who were taken by purposive sampling technique with 15 people meeting the inclusion and exclusion criteria.. The sampling technique of this study was purposive sampling. Samples that met the inclusion and exclusion criteria were 15 people. The instrument of this study used the Pittsburg Sleep Quality Index (PSQI) which has a component of subjective sleep quality, sleep latency, sleep duration, efficiency of sleep habits, sleep disorders, use of sleeping pills, and dysfunction during the day. This study used aromatherapy spray with a duration of spray every 10 minutes for 7 days. The Wilcoxon test results suggested that pvalue = 0,000 or $\leq\alpha$ 0.05, which meant that the quality of sleep could be improved with lavender aromatherapy where 12 of 15 (80%) respondents improved sleep quality. Lavender had essential oils which had effect to extend sleep duration. Linalool and linalil acetate in lavender oil would stimulate serotonin release which was a neurotransmitter that regulated the beginning of sleep.

Keywords: lavender aromatherapy, sleep quality, third trimester pregnant women

ABSTRAK

Pengaruh Aromaterapi Lavender Terhadap Kualitas Tidur Pada Ibu Hamil Trimester III di Kabupaten Mojokerto

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Semakin tua usia kehamilan maka akan terjadi perubahan psikologis diantaranya kekhawatiran ibu bila bersalin prematur, anaknya cacat, dan diperparah dengan kondisi fisik ibu diantaranya posisi tidur yang tidak nyaman, gerakan janin di malam hari yang dapat menyebabkan kualitas tidur ibu terganggu. Kualitas tidur yang tidak terpenuhi dapat diperbaiki dengan aromaterapi, dalam penelitian ini peneliti memilih aromaterapi lavender. Tujuan penelitian ini adalah membuktikan pengaruh aromaterapi lavender terhadap kualitas tidur ibu hamil trimester III. Desain penelitian ini adalah pre eksperimental dengan pendekatan *pretest-post test one group design*. Populasi dalam penelitian ini adalah semua ibu hamil trimester III di Desa Ngrowo dan Desa Salen Kecamatan Bangsal Kabupaten Mojokerto pada tanggal 6-27 Maret 2019 sebanyak 19 orang yang diambil dengan teknik *purposive sampling* didapatkan sampel yang memenuhi kriteria inklusi dan eksklusi sebanyak 15 orang. Instrumen penelitian ini menggunakan *Pittsburg Sleep Quality Index* (PSQI) yang memiliki komponen kualtias tidur subyektif, latensi tidur, durasi tidur, efisiensi kebiasaan tidur, gangguan tidur, penggunaan obat tidur, dan disfungsi pada siang hari. Penelitian ini menggunakan aromaterapi semprot dengan durasi semprot tiap 10 menit selama 7 hari. Hasil uji Wilcoxon menunjukkan bahwa pvalue=0,000 atau $\leq\alpha$ 0,05 yang artinya bahwa kualitas tidur dapat diperbaiki dengan aromaterapi lavender dimana 12 dari 15 (80%) responden terjadi perbaikan kualitas tidur. Lavender mempunyai kandungan minyak atsiri yang mempunyai efek memperpanjang durasi tidur. Linalool dan linalil asetat dalam minyak lavender akan merangsang pelepasan serotonin yang merupakan neurotransmitter yang mengatur permulaan untuk tidur.

Kata Kunci: aromaterapi lavender, kualitas tidur, ibu hamil trimester III