

ABSTRAK

PENGARUH AROMATERAPI LAVENDER TERHADAP KUALITAS TIDUR MAHASISWA SEMESTER AKHIR PRODI STR KEPERAWATAN POLTEKKES KEMENKES SURABAYA

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Kualitas tidur yang tidak teratur yakni persoalan pada mahasiswa semester akhir perkuliahan. Aromaterapi lavender bisa menjadi upaya untuk memperbaiki kualitas tidur pada mahasiswa. Pengkajian ini berguna menelaah dampak aromaterapi lavender pada kualitas tidur mahasiswa.

Pengkajian ini memakai desain *pre-eksperimental one group pretest-posttest*. Sampel yaitu 63 mahasiswa semester 7 Program Studi Sarjana Terapan Keperawatan Poltekkes Kemenkes Surabaya, dipilih secara *simple random sampling*. Intervensi aromaterapi lavender *spray* dilakukan malam hari 5 menit sebelum tidur 8x dalam 2 minggu pemakaian. Telaah ini memakai uji *Wilcoxon* (α 0,005). Data Kualitas tidur *pretest posstest* intervensi diukur menggunakan kuisioner PSQI.

Sebelum intervensi seluruh mahasiswa memiliki kualitas tidur buruk, sedangkan setelah intervensi mayoritas (84,12%) kualitas tidur baik. Hasil telaah menjabarkan pengaruh signifikan aromaterapi lavender pada kualitas tidur mahasiswa semester akhir (p-value 0,000).

Aromaterapi lavender berperan dalam menaikkan kualitas tidur mahasiswa. Bawaan *linalool* juga *linalyl acetate* yang mempunyai dampak sedatif bisa menurunkan aktivitas system saraf simpatis sehingga menciptakan kondisi relaksasi. Aromaterapi lavender bisa direkomendasikan guna terapi nonfarmakologi guna meningkatkan kualitas tidur.

Kata Kunci : Aromaterapi Lavender, Kualitas Tidur, Mahasiswa Keperawatan.

ABSTRACT

THE EFFECT OF LAVENDER AROMATHERAPY ON SLEEP QUALITY OF FINAL SEMESTER STUDENTS OF NURSING STUDY PROGRAM, POLTEKKES KEMENKES SURABAYA

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Final-semester college students frequently struggle with poor sleep quality. One way to help these students sleep better is through lavender aromatherapy. The purpose of this study was to examine how lavender aromatherapy affected these students' sleep quality.

This study used a pre-experimental, one-group pretest-posttest design. The sample consisted of 63 seventh-semester students in the Applied Nursing Undergraduate Program at the Surabaya Ministry of Health Polytechnic, selected using simple random sampling. The lavender aromatherapy spray intervention was administered 5 minutes before bedtime eight times for two weeks. Analysis used the Wilcoxon test (α 0.005). Pretest and posttest sleep quality data were measured using the PSQI questionnaire.

Before the intervention, all students had poor sleep quality, whereas after the intervention, the majority (84.12%) had good sleep quality. The analysis results showed a significant effect of lavender aromatherapy on sleep quality in final-semester students (p-value 0.000).

Lavender aromatherapy plays a role in improving sleep quality in these students. The sedative properties of linalool and linalyl acetate can reduce sympathetic nervous system activity, creating a state of relaxation. Lavender aromatherapy can be recommended as a non-pharmacological therapy to improve sleep quality.

Keywords: Lavender Aromatherapy, Sleep Quality, Nursing Students.