

## ABSTRAK

Dwi Ayu Septyaningsih

EFEKTIVITAS *FOOT HYDROTHERAPY* MENGGUNAKAN GARAM EPSOM DAN SERAI TERHADAP KUALITAS TIDUR MENOPAUSE

XCVII + 97 Halaman + 12 Tabel + 15 Lampiran

Menopause adalah masa alami wanita yang diindikasikan oleh penurunan kadar estrogen dan dapat menyebabkan gangguan kualitas tidur. Kondisi ini dipengaruhi oleh *hot flashes*, *night sweats*, kecemasan, serta perubahan fisik dan psikologis. Penanganan non-farmakologis untuk menaikkan kualitas tidur salah satunya adalah *foot hydrotherapy* menggunakan garam Epsom dan serai. Sehingga dilakukan penelitian dengan tujuan untuk mengetahui efektivitas *foot hydrotherapy* menggunakan garam Epsom dan serai terhadap kualitas tidur wanita menopause.

Pada penelitian telah menerapkan desain *quasi-experimental* dengan rancangan *pre-test* dan *post-test* dua kelompok, sementara teknik *purposive sampling* sebagai penentuan sampel penelitian yang berjumlah 36 menopause dengan usia 50–60 tahun yang terdiri atas dua perlakuan dengan setiap kelompoknya 18 responden. Penelitian dilakukan di Posyandu Keluarga RW 9 wilayah kerja Puskesmas Tambakrejo Surabaya pada 29 Maret–09 Mei 2026. Evaluasi kualitas tidur pada responden menggunakan kuesioner kualitas tidur menopause sebagai instrumen penelitian. Analisa data dilakukan dengan uji *Wilcoxon Signed Rank Test* dan *Mann Whitney U Test*.

Dari hasil temuan memperlihatkan adanya kenaikan kualitas tidur setelah pelaksanaan *foot hydrotherapy* menggunakan garam Epsom maupun serai. Kedua intervensi terbukti efektif meningkatkan kualitas tidur dengan nilai  $p=0,000 (<0,05)$ . Hasil uji *Mann Whitney* mengartikan adanya perbedaan efektivitas antara kedua intervensi ( $p=0,020<0,05$ ), dimana *foot hydrotherapy* menggunakan garam Epsom 2 kali lebih efektif meningkatkan kualitas tidur wanita menopause dibandingkan *foot hydrotherapy* menggunakan serai. Tingkat efektivitas garam Epsom lebih baik dibandingkan serai karena magnesium sulfat yang terkandung di dalamnya membantu proses relaksasi dan tidur, sementara serai cenderung memberikan efek relaksasi melalui aspek psikologis.

Kata kunci : *foot hydrotherapy*, garam Epsom, serai, kualitas tidur, menopause.

Daftar bacaan : 11 buku (2018-2026)

## **ABSTRACT**

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**THE EFFECTIVENESS OF FOOT HYDROTHERAPY USING EPSOM SALT AND LEMONGRASS ON SLEEP QUALITY IN MENOPAUSE**

*XCVII + 97 Pages + 12 Tables + 15 Appendices*

*Menopause represents natural phase in women that is indicated by a decrease in estrogen levels and can lead to sleep quality disturbances. This condition is influenced by hot flashes, night sweats, anxiety, as well as physical and psychological changes. A non-medication intervention used to improve sleep quality is foot hydrotherapy using Epsom salt and lemongrass. Therefore, this study was conducted to determine the effectiveness of foot hydrotherapy using Epsom salt and lemongrass on the sleep quality of menopausal women.*

*This study applied a quasi-experimental design with a two-group pre-test and post-test approach, while purposive sampling was used to determine the sample, consisting of 36 menopausal women aged 50–60 years divided into two treatment groups with 18 respondents in each group. The study was conducted at the Family Health Post (Posyandu Keluarga) RW 9 in the working area of Tambakrejo Community Health Center, Surabaya, from March 29 to May 9, 2026. Sleep quality was assessed using a menopausal sleep quality questionnaire as the research instrument. Data analysis was performed using the Wilcoxon Signed Rank Test and the Mann Whitney U Test.*

*The findings showed an improvement in sleep quality after the implementation of foot hydrotherapy using both Epsom salt and lemongrass. Both interventions were proven effective in improving sleep quality with a p-value of 0.000 ( $<0.05$ ). The Mann Whitney test indicated a difference in effectiveness between the two interventions ( $p = 0.020 < 0.05$ ), where foot hydrotherapy using Epsom salt was twice as effective in improving sleep quality in menopausal women compared to foot hydrotherapy using lemongrass. The higher effectiveness of Epsom salt is attributed to the magnesium sulfate content, which helps promote relaxation and sleep, while lemongrass tends to provide relaxation effects mainly through psychological aspects.*

*Keywords : foot hydrotherapy, Epsom salt, lemongrass, sleep quality, menopause.*

*Reading list: 11 books (2018–2026)*