

**PENGARUH PEMBERIAN AROMATERAPI LAVENDER DAN DZIKIR  
PADA GANGGUAN KUALITAS TIDUR LANSIA DI BPSTW  
UNIT ABIYOSO YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Gangguan kualitas tidur adalah suatu keadaan dimana individu memiliki ciri dalam jumlah dan kualitas tidur yang buruk. Hal tersebut dapat diatasi dengan teknik farmakologi maupun non-farmakologi. Teknik relaksasi merupakan teknik non farmakologi yang dapat mengatasi gangguan kualitas tidur. Aromaterapi dan dzikir dapat membuat tenang dan rileks sehingga akan membuat seseorang mudah untuk memulai tidur.

**Tujuan Penelitian:** Diketahui pengaruh pemberian aromaterapi lavender dan dzikir pada gangguan kualitas tidur lansia di BPSTW Unit Abiyoso Yogyakarta

**Metode Penelitian:** Metode penelitian *quasi eksperiment* melalui pendekatan *pre-test and post-test one group design* pada 24 lansia menggunakan teknik total sampling. Eksperimental dilakukan dengan memberikan aromaterapi lavender dan dzikir kepada responden selama 1 minggu, data diambil dengan menggunakan kuesioner PSQI. Analisa data yang digunakan adalah uji *Wilcoxon*.

**Hasil:** Sebelum diberikan intervensi terdapat 24 lansia mengalami gangguan kualitas tidur. Setelah diberikan intervensi terdapat 20 responden yang memiliki kualitas tidur normal dengan presentase 83,3%, dan 4 dari 24 responden (16.7%) masih memiliki gangguan kualitas tidur.. Hasil uji statistik menunjukkan nilai  $p\text{-value} = 0,000$  ( $p\text{-value} < 0,05$ ) yang menunjukkan ada pengaruh pemberian aromaterapi lavender dan dzikir pada gangguan kualitas tidur lansia di BPSTW Unit Abiyoso Yogyakarta

**Kesimpulan:** Ada pengaruh pemberian aromaterapi lavender dan dzikir pada gangguan kualitas tidur lansia di BPSTW Unit Abiyoso Yogyakarta.

**Kata Kunci:** Gangguan kualitas tidur, Lansia, Aromaterapi lavender, Dzikir

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**THE IMPACT OF LAVENDER AROMATHERAPY AND DHIKR ON  
SLEEP DISORDER IN ELDERLY AT BPSTW UNITS ABIYOSO  
YOGYAKARTA**

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**ABSTRACT**

**Background:** Impaired sleep quality is a condition in which individuals have poor characteristics in the amount and quality of sleep. This can be overcome by pharmacological and non-pharmacological techniques. Relaxation techniques are non-pharmacological techniques that can overcome sleep quality disorders. Aromatherapy and *dhikr* can calm and make people feel relaxed which at the end will make it easier for someone to start sleeping.

**Research Objective:** To learn the effect of giving lavender aromatherapy and *dhikr* on sleep quality disorders in the elderly at BPSTW, Abiyoso Unit, Yogyakarta

**Research Method:** The research is quasi-experimental through a one-group-design pre-test and post-test on 24 elderly people using a total sampling technique. The experiment was conducted by giving lavender aromatherapy and *dhikr* to respondents for 1 week. The data were taken using the PSQI questionnaire. The data analysis used was the Wilcoxon test.

**Results:** There were 24 elderly who had sleep quality disorders before the intervention was given. After the intervention was given, there were 20 respondents who had normal sleep quality with a percentage of 83.3%, and 4 of 24 respondents (16.7%) still had sleep quality disorders. The statistical test results demonstrate p-value = 0.000 (p-value < 0.05) which shows that there is an effect of giving lavender aromatherapy and *dhikr* on sleep quality disorders in the elderly at BPSTW Abiyoso Unit Yogyakarta

**Conclusion:** There is an effect of giving lavender aromatherapy and *dhikr* on sleep quality disorders in the elderly at BPSTW Abiyoso Unit Yogyakarta.

**Keywords:** *Sleep quality disorders, Elderly, Lavender aromatherapy, Dhikr*

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