

PENGARUH AROMATERAPI LAVENDER TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER II DAN III DI POLINDES DESA LAMBU

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INTISARI

Latar Belakang: Ibu hamil sering merasakan gangguan pola tidur saat kehamilan trimester II dan III. Hal ini terjadi karena adanya perubahan fisiologi dan psikologi. Perubahan fisiologi seperti pembesaran perut, perubahan anatomi serta perubahan hormon. Sedangkan perubahan psikologi disebabkan karena kondisi cemas yang berlebihan, khawatir dan takut tanpa sebab. Akhirnya berujung pada kondisi depresi sehingga kualitas tidur pun terganggu. Kualitas tidur yang terganggu dapat diatasi dengan metode non farmakologi yaitu dengan menggunakan aromaterapi lavender.

Tujuan: Penelitian ini untuk mengetahui pengaruh aromaterapi lavender terhadap kualitas tidur ibu hamil trimester II dan III di Polindes Desa Lambu.

Metode Penelitian: Desain penelitian *pre eksperimental* dengan rancangan *pre test post test one group design*. Populasi seluruh ibu hamil yang melakukan pemeriksaan pada bulan Oktober-November di Polindes Desa Lambu sebanyak 20 ibu hamil trimester II dan III dengan HPL minimal akhir November. Pengambilan sampel dilakukan dengan menggunakan *purposive sampling* dengan jumlah responden 15. Penelitian ini menggunakan aromaterapi lavender dengan menggunakan diffuser pada malam hari selama 7 hari. Instrument kualitas tidur *pittsbrug sleep quality index* (PSQI) yang terdiri dari 7 komponen. Data dianalisis dengan menggunakan uji *wilcoxon signed rank test*.

Hasil Penelitian: Berdasarkan hasil uji *wilcoxon* menunjukkan bahwa nilai *p value*=0,035 dimana *p-value*<0,05, yang berarti H_a atau hipotesis pada penelitian ini diterima, yaitu ada pengaruh aromaterapi lavender terhadap kualitas tidur ibu hamil trimester II dan III di Polindes Desa Lambu. Dibuktikan 10 dari 15 responden (66,7%) terjadi perubahan kualitas tidur.

Kesimpulan: Ada pengaruh aromaterapi lavender terhadap kualitas tidur ibu hamil trimester II dan III di Polindes Desa Lambu.

Kata Kunci: Aromaterapi Lavender, Ibu Hamil Trimester II dan III, Kualitas Tidur

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ABSTRACT

Background: *Pregnant women often feel disturbed sleep patterns during the second and third trimesters of pregnancy. This happens because of changes in physiology and psychology. Physiological changes such as abdominal enlargement, anatomical changes and hormonal changes. Meanwhile, psychological changes are caused by excessive anxiety and fear for no reason. Eventually it leads to depression so that the quality of sleep is disturbed. Disturbed sleep quality can be overcome by non-pharmacological methods, namely by using lavender aromatherapy.*

Objective: *The purpose of this study was to determine the effect of lavender aromatherapy on the quality of sleep of pregnant women in the second and third trimesters at the Lambu Village Polindes.*

Method: *Pre-experimental research design with a pre-test post-test one group design. The population of all pregnant women who carried out examinations in October-November at the Lambu Village polindes were 20 pregnant women in the second and third trimesters with a minimum HPL at the end of November. Sampling was carried out using purposive sampling with 15 respondents. This study used lavender aromatherapy using a diffuser at night for 7 days. Pittsbrug sleep quality index (PSQI) sleep quality instrument which consists of 7 components. Data were analyzed using the Wilcoxon signed rank test*

Result: *Based on the results of the wilcoxon test, it shows that the p-value = 0.035 where the p-value is <0.05, which means that H_a or the hypothesis in this study is accepted. that is, there is an effect of lavender aromatherapy on the sleep quality of pregnant women in the second and third trimesters at the Lambu Village Polindes. It was proven that 10 out of 15 respondents (66.7%) had a change in sleep quality.*

Conclusion: *There is an effect of lavender aromatherapy on the quality of sleep of pregnant women in the second and third trimesters at the Lambu Village Polindes.*

Keywords: *Lavender Aromatherapy, pregnant women in the second and third trimesters, Sleep Quality*

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