

PENGARUH PEMBERIAN TEH CHAMOMILE TERHADAP PENINGKATAN KUALITAS TIDUR LANSIA DI UPT RUMAH PELAYANAN LANJUT USIA BUDI DHARMA YOGYAKARTA

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INTISARI

Latar Belakang: Lansia rentan mengalami gangguan tidur akibat perubahan fisiologis dan psikologis seiring bertambahnya usia, yang berdampak pada penurunan kualitas hidup dan kesehatan. Salah satu terapi non-farmakologis yang diketahui memiliki efek menenangkan adalah teh chamomile, yang berpotensi membantu meningkatkan kualitas tidur. Efek ini diduga berasal dari kandungan flavonoid dan apigenin dalam *chamomile* yang memberikan efek relaksasi melalui kerja pada reseptor GABA di otak.

Tujuan: Mengetahui pengaruh pemberian teh *chamomile* terhadap peningkatan kualitas tidur lansia.

Metode: Penelitian ini menggunakan desain quasi eksperimen dengan pendekatan kuantitatif dan model *one-group pretest-posttest* tanpa kelompok kontrol. Besar sampel yang digunakan dalam penelitian ini adalah 35 sampel dengan teknik *purposive sampling*. Data diperoleh dari pengukuran kualitas tidur dilakukan sebelum dan sesudah intervensi menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI) dan data dianalisis menggunakan uji *Wilcoxon*.

Hasil: Terdapat peningkatan kualitas tidur sebelum dan sesudah di berikan teh *chamomile*, yaitu pada pretest 18 (51,5%) lansia dengan kualitas tidur baik dan meningkat pada posttest yaitu 33 (94,3%) lansia dengan kualitas baik. Hasil uji *Wilcoxon* menunjukkan $p\text{-value}=0,000$ ($p\text{-value} < 0,005$) berarti terdapat pengaruh yang signifikan

Kesimpulan: Terdapat pengaruh pemberian teh *chamomile* terhadap peningkatan kualitas tidur lansia di UPT Rumah Pelayanan Lanjut Usia Budi Dharma Yogyakarta

Kata kunci: *Chamomile*, lansia, kualitas tidur

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THE EFFECT OF CHAMOMILE TEA ADMINISTRATION ON IMPROVING SLEEP QUALITY IN THE ELDERLY AT UPT BUDI DHARMA ELDERLY SERVICE HOUSE YOGYAKARTA

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ABSTRACT

Background: Elderly people are vulnerable to sleep disorders due to physiological and psychological changes as they get older, which have an impact on reducing the quality of life and health. One non-pharmacological therapy that is known to have a calming effect is chamomile tea, which has the potential to help improve sleep quality. This effect is thought to originate from the flavonoid and apigenin content in chamomile which has a relaxing effect by working on GABA receptors in the brain.

Method: This research used a quasi-experimental design with a quantitative approach and a one-group pretest-posttest model without a control group. The sample size used in this research was 35 samples with a purposive sampling technique. Data was obtained from sleep quality measurements carried out before and after administering chamomile tea using the Pittsburgh Sleep Quality Index (PSQI) questionnaire and data were analyzed using the Wilcoxon test.

Results: There was an increase in sleep quality before and after being given chamomile tea, namely in the pretest 18 (51.5%) elderly with good sleep quality and an increase in the posttest, namely 33 (94.3%) elderly with good sleep quality. The results of the Wilcoxon test show $p\text{-value}=0.000$ ($p\text{-value} < 0.005$) meaning there is a significant influence.

Conclusion: There is an effect of giving chamomile tea on improving the sleep quality of the elderly at the UPT Budi Dharma Home for Elderly Services in Yogyakarta.

Kata kunci: *Chamomile, lansia, kualitas tidur*

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