

PENGARUH PEMBERIAN AROMATERAPI LAVENDER TERHADAP KUALITAS TIDUR PADA IBU HAMIL TRIMESTER III DI KLINIK PRATAMA AMANDA GAMPING SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang: Gangguan tidur pada ibu hamil trimester III dapat memengaruhi kesehatan ibu dan janin. Perubahan fisiologis dan kecemasan menjelang persalinan menjadi faktor utama penurunan kualitas tidur. Penanganan dianjurkan secara non-farmakologis, salah satunya aromaterapi lavender yang mengandung linalool dan linalyl acetate dengan efek sedatif dan relaksasi.

Tujuan: Penelitian ini bertujuan mengetahui pengaruh aromaterapi lavender terhadap kualitas tidur ibu hamil trimester III di Klinik Pratama Amanda.

Metode: Penelitian ini menggunakan metode *pre-eksperimental* dengan desain *one group pretest-posttest*. Populasi pada penelitian ini adalah ibu hamil trimester III, pengambilan sample dipilih melalui metode *purposive sampling*. dengan jumlah sample 23 responden Instrumen yang digunakan adalah kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Intervensi berupa pemberian aromaterapi lavender selama tujuh hari berturut-turut setiap malam, 2–3 tetes dihirup selama 15–20 menit sebelum tidur. Analisis data menggunakan uji *Paired Sample t-test* untuk mengetahui perbedaan kualitas tidur sebelum dan sesudah intervensi.

Hasil: Hasil penelitian menunjukkan rata-rata skor kualitas tidur sebelum intervensi adalah 9,22 kategori kualitas tidur buruk dan sesudah intervensi adalah 4,91 kategori kualitas tidur baik, dengan selisih 4,304. Hasil uji analisis data didapatkan nilai $p\text{-value} = 0,000$ ($p < 0,05$) yang menunjukkan perbedaan signifikan sebelum dan sesudah intervensi.

Kesimpulan: Hasil penelitian menunjukkan bahwa terdapat pengaruh pemberian aromaterapi lavender terhadap kualitas tidur ibu hamil trimester III, sehingga dapat direkomendasikan sebagai intervensi non-farmakologis yang aman dan mudah diterapkan dalam pelayanan kebidanan.

Kata kunci: aromaterapi lavender, kualitas tidur, ibu hamil trimester III

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EFFECT OF LAVENDER AROMATHERAPY ON SLEEP QUALITY IN THIRD-TRIMESTER PREGNANT WOMEN AT KLINIK PRATAMA AMANDA, GAMPING, SLEMAN, YOGYAKARTA

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ABSTRAK

Background: Sleep disturbances in third-trimester pregnant women can affect both maternal and fetal health. Physiological changes and anxiety before childbirth are the main factors contributing to poor sleep quality. Non-pharmacological management is recommended, one of which is lavender aromatherapy, which contains linalool and linalyl acetate with sedative and relaxing effects.

Objective: This study aimed to determine the effect of lavender aromatherapy on sleep quality among third-trimester pregnant women at Klinik Pratama Amanda.

Methods: This research employed a pre-experimental method with a one-group pretest–posttest design. The population was third-trimester pregnant women, and a total of 23 respondents were recruited using purposive sampling. The instrument used was the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The intervention consisted of lavender aromatherapy administered for seven consecutive nights, with 2–3 drops inhaled for 15–20 minutes before bedtime. Data were analyzed using the Paired Sample t-test to examine differences in sleep quality before and after the intervention.

Results: The findings revealed that the mean sleep quality score before the intervention was 9.22, indicating poor sleep quality, while after the intervention the mean score decreased to 4.91, indicating good sleep quality, with a mean difference of 4.304. The statistical test showed a p-value = 0.000 ($p < 0.05$), indicating a significant difference between pretest and posttest.

Conclusion: The study concludes that lavender aromatherapy has a significant effect on improving sleep quality in third-trimester pregnant women. Therefore, it can be recommended as a safe and practical non-pharmacological intervention in midwifery care.

Keywords: lavender aromatherapy, sleep quality, third-trimester pregnant women

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