

APPLICATION OF LAVENDER AROMATHERAPY TO THE QUALITY OF ELDERLY SLEEP IN JETAK JEMBUNGAN BANYUDONO BOYOLALI

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ABSTRACT

Background: Health issue for elder are different with the one that some adult have, the example of health issue that elder suffer from is sleep disruption (insomnia). The action to solve insomnia to elder can be doing with non-pharmacology ways, such as the use of lavender aroma-therapy. Some research shows that lavender aroma-therapy can be use to solve the sleep problem to the elder. **Purpose:** To find out the sleep quality of elder in Jetak Jembungan Banyudono Boyolali with the use of lavender aroma-therapy. **Research Method:** This research use descriptive research technique. This research use 2 respondents, the measurement of sleep quality use PSQI questioner in the beginning of the application and the end of the application. **Result:** After 7 days in a row of the application for about 30 minute a day, the 2 respondent have better sleep quality. PSQI questionnaire score before lavender aroma-therapy application for first respondent are 21 and for the second respondent are 14, after the application of lavender aroma-therapy the PSQI score are decreasing to 11 for first respondent and 8 for second respondent. **Conclusion:** The application of lavender aroma-therapy is affect to the sleep quality of the elder.

Keywords : aroma-therapy lavender, sleep quality, elder.