

ADMINISTRATION OF JASMINE AROMATHERAPY TO OVERCOME INSOMNIA IN ADOLESCENTS AGED 18-21 YEARS

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ABSTRACT

Background: *Insomnia is a symptom of sleep disorders in the form of repeated difficulties to sleep or maintain sleep. These symptoms are usually followed by functional disorders when you wake up such as anxiety, anxiety, depression, or fear. The incidence of insomnia is reported to occur 30-50% every year. Difficulty sleeping, often waking up at night, difficult to go back to sleep, and wake up early in the morning and feel not fresh when you wake up in the morning are symptoms experienced by people with insomnia. This condition is experienced by 28 million Indonesians. Aromatherapy is an alternative treatment that uses volatile plant liquid ingredients and other aromatic compounds that can affect a person's emotional emotions, cognitive function and health. Jasmine oil contains chemicals that are sedative and aphrodisiac.* **Objective:** *Describe the results of jasmine aromatherapy to overcome insomnia in adolescents aged 18-21 years.* **Methods:** *This type of research is descriptive with a case study approach, using 2 people as respondents who observed changes or things being studied.* **Results:** *There is a decrease in insomnia levels in adolescents aged 18-21 years.* **Conclusion:** *Giving jasmine aromatherapy can overcome insomnia in adolescents aged 18-21 years.* **Suggestion:** *This therapy can be used as an alternative therapy to overcome insomnia in adolescents.*

Keywords: *insomnia, jasmine aromatherapy, adolescents*