

THE EFFORT TO OVERCOME THE INSOMNIA FOR THE ELDERLY BY GIVING AROMATHERAPY USING BOOKLET MEDIA

Hanif Yulia Nashiroh. Tri Susilowati

hanifyulianashiroh052.aisyiyah@gmail.com

Aisyiyah University Surakarta

SUMMARY

Background; The healthy issue often happened toward elderly people was different with the adult people. That were immobility, depressive incontinence, malnutrition, decreased immunity and insomnia. In Indonesia, insomnia affected around 50% old-aged people. Every year, predicted around 20-50% elderly people notified get an insomnia. In 2018, prevalence of insomnia in Indonesia was reported until reaching 28 million people equivalent with 10% from population. This result was still the highest in Asia. The impact of insomnia toward elderly people if could not be resolved was the disruption of intellectual ability, low of motivation, unstable of emotion, depression, lassitude, blurred vision, low of concentration and sore muscles. The organizing of insomnia was pharmacology and non-pharmacology. Pharmacology was the giving sleeping pills and non-pharmacology was the giving aromatherapy using flowers. **The purpose;** Helping people especially elderly people to reduce the insomnia and increase the sleep quality by giving aromatherapy. **The method;** Utilising Corel Draw software to make lay-out design on booklet. **The result;** This last project was booklet media "Tips to overcome the insomnia using aromatherapy". **Conclusion;** The booklet media was beneficial for elderly people who had the insomnia. With booklet media could facilitate the elderly people for applying the usage of aromatherapy to reduce insomnia.

Keywords; *elderly people, insomnia, aromatherapy*