

# THE EFFECT OF GIVING LAVENDER AROMATHERAPY ON IMPROVING THE SLEEP QUALITY OF PREGNANT WOMEN IN THE THIRD TRIMESTER

Lathifatun Nafsiyah, Kamidah  
[202016020.students@aiska-university.ac.id](mailto:202016020.students@aiska-university.ac.id)  
Universitas 'Aisyiyah Surakarta

## ABSTRACT

**Background:** Sleep disturbances are common in third-trimester pregnant women and are a major trigger for poor sleep quality, which can lead to complications in pregnancy, delivery, and for the unborn baby. Poor sleep quality can be addressed through non-pharmacological methods, such as lavender aromatherapy, which contains linalool acetate that can provide relaxation and improve sleep quality in third-trimester pregnant women. **Objective:** This study aims to determine the effect of lavender aromatherapy on improving sleep quality in third-trimester pregnant women. **Method:** The research design is a pre-experimental design with a pre-test post-test design. Samples were taken using consecutive sampling, with a total of 23 third-trimester pregnant women. This study used lavender aromatherapy with a reed diffuser at night before bed for 7 days. The Pittsburgh Sleep Quality Index (PSQI), which consists of seven components, was used as the sleep quality instrument. Data analysis was performed using the Wilcoxon test. **Results:** Based on the Wilcoxon test results, a P-value of 0.000 was obtained, which is  $<0.05$ , indicating that  $H_a$  is accepted, meaning there is an effect of lavender aromatherapy on improving sleep quality in third-trimester pregnant women. 22 out of 23 respondents (95.7%) showed improvement in sleep quality. **Conclusion:** There is an effect of lavender aromatherapy on improving sleep quality in third-trimester pregnant women.

**Keywords:** Lavender Aromatherapy, Third Trimester Pregnant Women, Sleep Quality.