

**THE EFFECT OF LAVENDER AROMATHERAPY ON BLOOD
PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION
IN KEDAWUNG MONDOKAN SRAGEN VILLAGE**

Revi Puspita Arifiani¹, Ika Silvitasari²
‘Aisyiyah University Surakarta
revipa03@gmail.com

ABSTRACT

Background: Hypertension is defined as systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. The prevalence of hypertension in Indonesia is 34.1%. One approach to managing hypertension is non-pharmacological therapy, such as lavender aromatherapy. The compounds linalool and linalool acetate may help lower blood pressure. **Objective:** This study aims to investigate the effect of lavender aromatherapy on blood pressure in elderly individuals with hypertension in Kedawung Mondokan Village, Sragen. **Method:** This study used a quasi-experimental design with one-group pretest-posttest approach. The intervention group consisted of 33 elderly individuals with hypertension, who received treatment for three consecutive days, each session lasting 15 minutes. **Results:** Blood pressure before intervention was 155/95 mmHg and after intervention decreased to 140/85 mmHg, indicating a reduction in blood pressure. The Wilcoxon test results showed a statistically significant decrease in systolic and diastolic blood pressure (sig 2-tailed $0.000 < 0.05$). **Conclusion:** Lavender aromatherapy significantly reduces systolic and diastolic blood pressure in elderly individuals with hypertension. This therapy can be considered as one of the non-pharmacological intervention alternatives in the management of hypertension in the elderly.

Keywords : Lavender Aromatherapy, Blood Pressure, Hypertension, Elderly