THE EFFECT OF GIVING LAVENDER AROMATHERAPY ON INSOMNIA IN PERIMENOPAUSEE WOMEN

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ABSTRAK : PENGARUH PEMBERIAN AROMATERAPI LAVENDER TERHADAP INSOMNIA PADA WANITA PERIMENOPAUSE

Pendahuluan : Menurut National Foundation tahun 2015, wanita lebih banyak mengalami insomnia dibandingkan pria, 57% wanita mengalami tanda gejala insomnia beberapa kali dalam seminggu. Angka kejadian insomnia meningkat lebih cepat pada ibu yang berusia di atas 40 tahun. Sekitar 40% wanita usia 40-54 tahun mengeluhkan insomnia, hanya 20% pria pada kelompok usia yang sama yang mengeluhkan insomnia.

Tujuan penelitian ini adalah menganalisis pengaruh aromaterapi lavender terhadap insomnia pada wanita perimenopausa.

Metode : Jenis penelitian ini menggunakan penelitian kuantitatif dengan desain penelitian quasi eksperimen dengan one group pretest-posttest design. Sampel diambil sebanyak 30 responden dengan teknik purposive sampling dan menggunakan kuesioner KSBPJ-IRS. Analisis data univariat dan bivariat.

Hasil: Hasil penelitian sebelum pemberian aromaterapi lavender didapatkan skor rata-rata 18,30 dan setelah pemberian aromaterapi lavender skor rata-rata 13,53 dengan hasil uji statistik p value 0,000 < 0,05 yang berarti responden mengalami penurunan tingkat insomnia.

Simpulan: Hasil p value 0,000 < p (0,05) artinya H0 ditolak dan Ha diterima, artinya ada pengaruh yang signifikan pemberian aromaterapi lavender terhadap tingkat insomnia.

Saran : Untuk wanita perimenopause dianjurkan menggunakan aromaterapi lavender sebanyak 4-5 tetes agar dapat menurunkan tingkat insomnia.

Kata Kunci : Aromaterapi Lavender,Perimenopause,Insomnia

ABSTRACT

Introduction : According to the National Foundation in 2015, women experience insomnia more than men, 57% of women experience signs of insomnia symptoms several times a week. The incidence of insomnia increases more rapidly in mothers over the age of 40 years. About 40% of women aged 40-54 years complain of insomnia, only 20% of men in the same age group complain of insomnia.

The purpose of this study was to analyze the effect of lavender aromatherapy on insomnia in perimenopausal women.

Methods This type of research uses quantitative research with a quasi-experimental research design with one group pretest-posttest design. Samples were taken as many as 30 respondents with purposive sampling technique and using the KSBPJ-IRS questionnaire. Univariate and bivariate data analysis.

Results: The results of the study before giving lavender aromatherapy got an average score of 18.30 and after giving lavender aromatherapy an average score of 13.53 with statistical test results p value 0.000 <0.05, which means that respondents experienced a decrease in insomnia levels.

Conclusion: The results of p value 0.000 < p (0.05) means that H₀ is rejected and Ha is accepted, which means that there is a significant effect on giving lavender aromatherapy to the level of insomnia.

Suggestion: For perimenopausal women it is recommended to use lavender aromatherapy as much as 4-5 drops in order to reduce the level of insomnia.

Keyword : Perimenopause, Insomnia, Lavender Aromatherapy

INTRODUCTION

Before the menopause phase occurs, the premenopause phase is usually preceded, where in
Insomnia is a sleep disorder in which a person finds it difficult to sleep. Sleep disturbances that occur are related to sleep quality such as ineffective sleep (Hidayah & Ali, 2016). According to the National Foundation in 2015 more women experience insomnia than men, 57% of women experience signs of insomnia several times a week. The incidence of insomnia increases more rapidly in mothers over the age of 40 years. Around 40% of women aged 40-54 years complain of insomnia, only 20% of men in the same age group complain of insomnia (Gunadarma, 2016 in Rahmi, 2020).

Sleep disturbances are the main complaint of women who are going through the menopausal transition. This has an impact on quality of life, mood, productivity and physical health, especially in women who experience severe insomnia and is associated with impaired sleep function (Baker, F. C., De Zambotti, M., Colrain, I. M., & Bei, B, 2018).

Aromatherapy is one way of treating disease by using odors that generally come from plants and smell good, savory and delicious called essential oils. Some of the fragrance oils used in aromatherapy because of their versatile properties are langon klen, eucalyptus, geranium, lavender, lemon, peppermint, petitgrain, rosemary, tea tree. Of these types of oil, lavender oil is the most popular essential oil (Andria, 2014).

Based on the explanation above, the researcher formulated the problem in this study "Is there an effect of giving lavender aromatherapy to insomnia in perimenopausal women in Sumber Rejo village, Tumijajar sub-district, Tulang Bawang Barat district in 2022".

**RESEARCH METHOD**

This type of research is quantitative research with Quasy Experiment with one group pretest-posttest design. The population in this study was perimenopausal women aged 40-50 years in Sumber Rejo Village, Tumijajar District, Tulang Bawang Barat Regency as many as 272 respondents and a sample of 30 perimenopausal women with inclusion criteria, namely: 1) Perimenopausal women aged 40-50 years, 2) Patients who were willing become respondents, 3) able to follow the given therapy, 4) cooperative respondents, 5) perimenopausal women who experience insomnia. The exclusion criteria for this study are: 1) Respondents who have flu or cough, 2) Respondents who have respiratory diseases (asthma, shortness of breath, etc.), 3) Respondents who take sleeping pills. The test used is the Paired Sample T-Test.
RESULTS AND DISCUSSION

Normality test

Table 1
Normality Test

<table>
<thead>
<tr>
<th>Insomnia Level</th>
<th>N</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre-test</td>
<td>30</td>
<td>0.86</td>
</tr>
<tr>
<td>Post-test</td>
<td>30</td>
<td>0.133</td>
</tr>
</tbody>
</table>

In table 1 above, the results of the p-value normality test at the level of insomnia in the pre-test case group of 0.86 and post-test 0.133> 0.05, which means that the data is normally distributed, so a t-test can be performed.

Characteristics of Respondents

From table 2 above, it can be seen that the general characteristics of perimenopausal women in Sumber Rejo Village, Tumijajar District, Tulang Bawang Barat Regency in 2022, by looking at the most age range from 40-45 years old as many as 18 respondents (60.0%), the most education is school education. Upper Middle School (SMA) as many as 12 respondents (40%) and the average occupation of private sector and housewife (IRT) with a total of 9 respondents each (30.0%).

Univariate Analysis

Insomnia Level Pre-Test

Table 3
Insomnia Levels in Perimenopausal Women Before and After Giving Lavender Aromatherapy

<table>
<thead>
<tr>
<th>Insomnia Level</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
<th>Min-Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>30</td>
<td>18.30</td>
<td>4.699</td>
<td>0.858</td>
<td>10-25</td>
</tr>
<tr>
<td>Post-test</td>
<td>30</td>
<td>13.53</td>
<td>4.439</td>
<td>0.810</td>
<td>7-22</td>
</tr>
</tbody>
</table>

From table 3 above, it can be seen that the level of insomnia in perimenopausal women before being given lavender aromatherapy therapy in Sumber Rejo Village, Tumijajar District, Tulang Bawang Barat Regency in 2022, with a Mean 18.30, a min value of 10 with a mild insomnia category as many as 9 respondents and a maximum value of 25 with severe insomnia category as many as 6 respondents.

The level of insomnia in perimenopausal women after being given lavender aromatherapy therapy in Sumber Rejo Village, Tumijajar District, Tulang Bawang Barat Regency in 2022, with a mean of 13.53, a min value of 7 with a non-insomnia category as many as 9 respondents and a max value of 22 with a moderate insomnia category as many as 9 respondents.

Bivariate Analysis

Based on the results of the analysis in table 4, the score of the KSBPJ-IRS value in perimenopausal women before being given lavender aromatherapy with a mean of 18.30 with a minimum score of 10 was included in the category of mild insomnia as many as 9 respondents and a maximum value of 25 entered the category of severe insomnia as many as 6 respondents and after being given aromatherapy lavender saw a decrease in the mean score to 13.53 with a minimum value of 7 being categorized as not insomnia as many as 9 respondents and a maximum value of 22 being in the moderate insomnia category as many as 9 respondents.
Lavender aromatherapy helps in meeting the sleep needs of perimenopausal women both in quantity and quality. Lavender aromatherapy can reduce insomnia because lavender has a mild floral aroma and is an aromatherapy essential that is known to have sedative and anti-neurodepressive effects. Lavender aromatherapy also has the main ingredients, namely linalool and linalool acetate which are able to relax and relax the working system of the nerves and tense muscles. Inhaling the scent of lavender increases the frequency of alpha waves and this state is associated with relaxing (relaxation) so it can treat insomnia. Lavender also helps balance the body's health which is very useful in relieving headaches, premenstrual syndrome, stress, tension, muscle spasms and heart regulation (Andria, 2014). By smelling the aroma of essential oils from the sense of smell, it can stimulate our emotional memory by giving physical reactions in the form of behavior. So that this therapy can be used as a way to reduce insomnia in perimenopausal women.

Thus, the conclusion from this study is that lavender aromatherapy is proven to provide calm, relaxation and comfort that affects the body's physiology so that it helps in reducing insomnia levels. In perimenopausal women, inhaling lavender aromatherapy can help in overcoming the symptoms of insomnia disorders that are often experienced by perimenopausal women.

**CONCLUSION**

There is an effect of giving lavender aromatherapy on the level of insomnia in perimenopausal women in Sumber Rejo Village, Tumijajar District, Tulang Bawang Barat Regency in 2022, namely there is an improvement in the level of insomnia from before being given therapy, namely 15 respondents experienced moderate insomnia, 9 respondents had mild insomnia and 6 respondents had insomnia. Severe insomnia to 12 respondents had mild insomnia, 9 respondents had moderate insomnia and 9 respondents did not have insomnia.

**SUGGESTIONS**

For perimenopausal women are advised to use lavender aromatherapy as much as 4-5 drops in order to reduce the level of insomnia experienced. For health workers, it is suggested that this research...
can be used as a non-pharmacological intervention in addition to relaxation and distraction techniques in improving sleep quality and reducing insomnia levels in perimenopausal women.

REFERENCES


