

**PROGRAM STUDI S1 KEPERAWATAN
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**Gustiana Dwi Andini
20301048**

Pengaruh Pemberian Aromaterapi *Citrus Bergamia* Terhadap Kualitas Tidur Lansia Yang Mengalami Insomnia Di Puskesmas Simpang Tiga Pekanbaru

xiv+49 halaman + 8 tabel + 2 skema + 13 lampiran

ABSTRAK

Kurangnya waktu tidur atau kualitas tidur yang buruk umumnya sering kali dialami oleh lansia sehingga perlu diberikan intervensi dalam mengatasinya seperti aromaterapi *Citrus Bergamia*. Tujuan penelitian ini untuk mengetahui tentang pengaruh pemberian aromaterapi *Citrus Bergamia* terhadap kualitas tidur lansia yang mengalami insomnia di Puskesmas Simpang Tiga Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan desain *quasy experiment* dengan pendekatan *one grup pre-post test without control design*. Teknik pengambilan sampel ini adalah *purposive sampling* dengan jumlah responden 20 orang dengan menggunakan alat ukur Kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Intervensi ini dilakukan selama 21 hari. Hasil uji statistik non parametrik *wilcoxon* didapatkan nilai $p=0,000$ ($p<0,05$), maka H_0 ditolak. Sehingga dapat disimpulkan bahwa ada pengaruh pemberian aromaterapi *Citrus Bergamia* terhadap kualitas tidur lansia yang mengalami insomnia di Puskesmas Simpang Tiga Pekanbaru. Diharapkan bagi penelitian selanjutnya untuk mengkombinasikan aromaterapi *Citrus Bergamia* dengan terapi komplementer lainnya agar peningkatan kualitas tidur lebih efektif

Kata kunci : Aromaterapi, *Citrus Bergamia*, Kualitas tidur
Referensi : 46 (2018-2024)

NURSING PROGRAM
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INSTITUTE OF HEALTH SCIENCE PAYUNG NEGERI PEKANBARU

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Gustiana Dwi Andini
20301048

The Effect of Giving Citrus Bergamia Aromatherapy on the Sleep Quality of Elderly People Who Experience Insomnia at Simpang Tiga Pekanbaru Community Health Center

xiv+ 49 pages + 8 tabels + 2 schemes + 13 attachments

ABSTRACT

Lack of sleep time or poor sleep quality is generally experienced by the elderly, so interventions need to be given to overcome this, such as Citrus Bergamia aromatherapy. The aim of this research was to find out the effect of giving Citrus Bergamia aromatherapy on the sleep quality of elderly people who experience insomnia at the Simpang Tiga Pekanbaru Community Health Center. This research is a quantitative research with a quasi-experiment design with a one group pre-post test approach without control design. This sampling technique was purposive sampling with a total of 20 respondents using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. This intervention was carried out for 21 days. The results of the non-parametric Wilcoxon statistical test obtained a value of $p=0.000$ ($p<0.05$), so H_0 was rejected. So it can be concluded that there is an effect of giving Citrus Bergamia aromatherapy on the sleep quality of elderly people who experience insomnia at the Simpang Tiga Pekanbaru Community Health Center. It is hoped that future research will combine Citrus Bergamia aromatherapy with other complementary therapies to improve sleep quality more effectively.

Keywords: Citrus Bergamia, Aromatherapy, Sleep quality
Reference : 46 (2018-2024)