

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI
BIDAN FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

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Pengaruh Pemberian Aromaterapi Lavender Terhadap Kualitas Tidur Ibu Hamil
Trimester III Di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru

Xiv + 103 Halaman + 9 Tabel + 2 Skema + 12 Lampiran

ABSTRAK

Gangguan kualitas tidur banyak dialami ibu hamil trimester III akibat perubahan fisiologis seperti pembesaran uterus, nyeri punggung, dan peningkatan frekuensi berkemih, serta faktor psikologis berupa kecemasan menjelang persalinan. Salah satu intervensi nonfarmakologis yang aman adalah aromaterapi lavender, yang bekerja melalui sistem limbik untuk memberikan efek relaksasi. Penelitian ini bertujuan mengetahui pengaruh pemberian aromaterapi lavender terhadap kualitas tidur ibu hamil trimester III. Penelitian menggunakan desain Quasi Pre-Eksperimental dengan rancangan *one group pretest-posttest*. Sampel berjumlah 32 ibu hamil trimester III, diambil menggunakan teknik total sampling. Kualitas tidur diukur menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Aromaterapi lavender diberikan melalui diffuser selama 20–30 menit per sesi, setiap malam selama 7 hari berturut-turut. Data dianalisis menggunakan uji Paired Sample T-Test. Hasil menunjukkan rata-rata skor PSQI menurun dari 19,72 (*pretest*) menjadi 9,28 (*posttest*). Uji statistik memperoleh nilai signifikansi $<0,001$ ($p<0,05$), yang berarti terdapat pengaruh signifikan pemberian aromaterapi lavender terhadap kualitas tidur. Nilai *effect size* (Cohen's $d = 1,831$) menunjukkan pengaruh kategori besar. Disimpulkan bahwa aromaterapi lavender efektif meningkatkan kualitas tidur ibu hamil trimester III dan dapat dijadikan terapi komplementer dalam pelayanan antenatal care.

Kata Kunci: Aromaterapi Lavender, Kualitas Tidur, Ibu Hamil Trimester III
Referensi : 44 Referensi (2021 – 2026)

**S1 MIDWIFERY STUDY PROGRAM AND MIDWIFE PROFESSIONAL
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The Effect Of Lavender Aromatherapy On Sleep Quality Among Third-Trimester Pregnant Women In The Working Area Of Payung Sekaki Community Health Center, Pekanbaru City

Xiv + 56 Pages + 9 Table + 2 Schemes + 12 Appendices

ABSTRACT

Sleep quality disturbance is commonly experienced by third-trimester pregnant women due to physiological changes such as uterine enlargement, back pain, and increased urinary frequency, as well as psychological factors such as anxiety before labor. One safe non-pharmacological intervention is lavender aromatherapy, which works through the limbic system to produce a relaxation effect. This study aimed to determine the effect of lavender aromatherapy on sleep quality among third-trimester pregnant women. This study used a quasi pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 32 third-trimester pregnant women, selected using total sampling technique. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Lavender aromatherapy was administered via diffuser for 20–30 minutes per session, every night for 7 consecutive days. Data were analyzed using the Paired Sample T-Test. The results showed that the mean PSQI score decreased from 19.72 (pretest) to 9.28 (posttest). The statistical test yielded a significance value of <0.001 ($p < 0.05$), indicating a significant effect of lavender aromatherapy on sleep quality. The effect size (Cohen's $d = 1.831$) indicated a large effect. It is concluded that lavender aromatherapy is effective in improving sleep quality among third-trimester pregnant women and can be used as a complementary therapy in antenatal care services.

Keywords : Lavender Aromatherapy, Sleep Quality, Third-Trimester Pregnant Women

References : 44 References (2021 – 2026)