

Paper 25 - Allied Health

THE EFFECT OF WARM BATH THERAPY WITH LAVENDER AROMATHERAPY TO SLEEP QUALITY OF INSOMNIA ELDERLY IN SOME OF PANTI WERDHA AT TONDANO

Mutiara Wahyuni Manoppo, Fionita Sakul, Nancy Junita Titalessy

Universitas Klabat

mutiaramanoppo@yahoo.com

ABSTRACT

The purpose of this research is to determine the effect of warm bath therapy with lavender aromatherapy to sleep quality of insomnia elderly. This research using quasy-experiment non-equivalent control group pre-post test design with 45 elders as intervention group and 45 elders as control group. Sample collection using quota sampling method. The researcher took four Panti Sosial Tresna Werdha in Tondano that held on Januari 2013. The result shows that there is decrease of insomnia level characterized by improved of sleep quality in the intervention group with statistical results regresi linear $t=14.299$ and significant probability value = 0.000. However, in relation to the age and gender, wasn't found a significant effect of warm bath therapy with lavender aromatherapy sleep quality of insomnia elderly through ANOVA statistical tests obtained with significant value = 0.947 for age factor and 0.423 for gender factor. The conclusion in this research is warm bath therapy with lavender aromatherapy can be used to improved sleep quality for insomnia elderly.

Keywords: Warm Bath Therapy, Lavender Aromatherapy, Sleep Quality, Insomnia, Elderly

