

A Literature Review: The Effect of Giving Lavender Aromatherapy on Sleep Quality In The Elderly

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Abstract

Elderly is the final stage of the development of the human life cycle, aging is generally defined as a progressive physiological decline after the reproductive stage of life. Common health problems in the elderly are sleep disturbances. Sleep disorders or insomnia is a condition of a person who does not get enough sleep at night, wakes up at night, or wakes up too early. The purpose of the literature review: to study the effect of using lavender aromatherapy on sleep quality in the elderly. The method used is a traditional review with the samples being accredited national and international journals. With inclusion criteria, national and international journals from different databases were selected independently by the researcher. The results: the use of lavender aromatherapy improves sleep quality in the elderly, with p value = 0.000. Improved sleep quality occurs by giving essential oils every night for 7 consecutive days. Conclusion: the use of lavender aromatherapy can be used to improve sleep quality in the elderly. Suggestion: for the elderly who have sleep disorders, you can use 5-6 drops of lavender aromatherapy oil on their pillows every night before going to bed.

Keywords: *Lavender Aromatherapy, Sleep Quality, Elderly*

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1. INTRODUCTION

Elderly is the final stage of development in the human life cycle which is a natural process that cannot be avoided by every individual (Annisa & Ifdil, 2016). Aging is the accumulation of progressive changes over time that are associated with increased susceptibility to disease and death (Zalukhu et al., 2016).

Aging in general can also be defined as a physiological progressive deterioration after the reproductive phase of life. In the aging process, a person will have their own problems including physical or mental problems. Health problems that often occur in the elderly usually include immobilization, depression, malnutrition, impaired self-concept, incontinence, decreased immunity, and sleep disorders (Sari & Leonard, 2018).

Sleep disorders or insomnia is a condition of a person who has difficulty sleeping at night, wakes up in the middle of the night or wakes up too early. Insomnia can cause various disorders and adverse effects in the elderly, one of the effects that often occurs is a lack of concentration due to disturbed sleep quality as a result of insomnia.

Handling the problem of sleep disorders can be done with pharmacological and non-pharmacological treatment. Pharmacological treatment usually uses benzodazepine, chloral hydrate, and promethazine (Phenergen) sleeping pills. These types of sleeping pills cause negative effects such as nausea, sleepiness during the day, and drug dependence in order to sleep quickly at night. While non-pharmacological treatment by giving aromatherapy from flowers. Aromatherapy is a form of relaxation therapy that uses smells, generally using the smell of plants or flowers that smell good, savory, sweet, and delicious, which are commonly called essential oils (Sari & Leonard, 2018).

2. METHODS

The method used in writing this article is a traditional review, which is a literature review method by choosing a journal that research will be reviewed carefully by reviewers on one topic, a literature search both internationally and nationally. The strategy in searching the literature used the PEOS strategy, with keywords: sleep quality or sleep quality, elderly or elderly, aromatherapy or aromatherapy, to obtain more detailed results and make it easier to search for the desired journal.

The databases used are Google Scholar, PubMed, and Garuda. In the early stages of searching for journal articles, 980 articles were obtained, then selected based on a time span of

the last 10 years there were 463 articles. Of the articles selected according to the title or topic of discussion there were 121 articles, then selected journals that could be accessed in full text there were 73 articles. Of these 73 articles adjusted to the inclusion criteria, there are 5 journals in total. These five journals will be reviewed later.

3. RESULTS AND DISCUSSION

The description of the results of the literature review was obtained from three databases, namely Google Scholar, Garuda and Pubmed. Selection was made and obtained 5 journals that met the inclusion criteria, research from various regions in Indonesia and several countries and most of the designs in the research were pre- experimental. From 5 journals, it was found that the use of lavender aromatherapy can improve sleep quality in the elderly. The study found several ways to use lavender aromatherapy, but it was still done by inhalation. Its use is by dripping lavender essential oil directly onto the respondent's pillow as much as 3-6 drops every night, another way is to add 5-6 drops of lavender essential oil into a bowl of boiling water \pm 5 cc above the heating stove, then place it near the elderly who will be attending. sleep for 30 minutes so that the aroma will be inhaled by the elderly who have sleep disorders. The first method is easier to use and safer for the elderly to do independently, aromatherapy will continue to be inhaled while the elderly are asleep so that the quality of sleep is maintained until the elderly wake up in the morning. While the second method is less effective because it only provides initial stimulation to make the elderly fall asleep. According to reviewers, the use of lavender aromatherapy is very effective for improving sleep quality in the elderly. It is very effective and has minimal side effects, with the drop of essential oil on the pillow it is very easy for the elderly to do it alone or with the help of others. Improved sleep quality in the elderly occurs after the use of lavender aromatherapy. So with that, the researchers strongly agree and suggest for the elderly who have sleep disorders to use lavender essential oil aromatherapy before going to bed every night as an alternative treatment to overcome the problem of sleep disorders that are safer and do not cause side effects for the elderly.

4. CONCLUSION

Based on the results of a review of articles from 5 national and international journals, the use of lavender aromatherapy can improve sleep quality in the elderly. The most effective and easy way for the elderly themselves is to drip essential oil directly onto the pillow before going to bed every night. Lavender aromatherapy oil is used as much as 5-6 drops as an alternative

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