

## ABSTRAK

Silviani, Nurul, Dina. 2025. *Efektivitas Swedish Massage Dan Aromaterapi Lavender Terhadap Insomnia Pada Lansia* Program Studi Diploma III Kebidanan pada Universitas AMIKOM Purwokerto. Pembimbing (I): Uti Lestari, S.Si.T., MH.Kes, Pembimbing (II): Misrina Retnowati. S.Si.T. M.Kes.

**Latar Belakang.** Lansia wanita rentan mengalami insomnia akibat perubahan fisiologis, hormonal, dan psikologis pascamenopause. Insomnia dapat menurunkan kualitas hidup dan meningkatkan risiko penyakit kronis. Penatalaksanaan non-farmakologi seperti *swedish massage* dan aromaterapi lavender menjadi alternatif aman untuk meningkatkan kualitas tidur lansia. *Swedish massage* membantu relaksasi dan memperlancar sirkulasi darah, sementara aromaterapi lavender memberikan efek menenangkan melalui stimulasi penciuman. **Tujuan penelitian.** Untuk mengetahui efektivitas *swedish massage* dan aromaterapi lavender terhadap insomnia pada lansia. **Desain penelitian.** Penelitian ini menggunakan desain kualitatif dengan metode studi kasus. Teknik sampling yang digunakan adalah *incident sampling*. Subjek penelitian berjumlah tiga lansia perempuan mengalami insomnia usia 63-65 tahun. **Hasil penelitian.** Menunjukkan bahwa intervensi *swedish massage* dan aromaterapi lavender selama tiga hari berturut-turut efektif menurunkan tingkat insomnia. Skor insomnia turun dari 28 (sedang) menjadi 20–21 (ringan), dan durasi tidur meningkat dari 4–5 jam menjadi 6–7 jam per malam. Tanda-tanda vital juga membaik, ditandai dengan penurunan laju napas dan denyut nadi. Hasil ini menunjukkan bahwa kombinasi terapi ini membantu meningkatkan kualitas tidur secara alami.

**Kata Kunci :** Insomnia, lansia, *swedish massage*, aromaterapi lavender

## **ABSTRACT**

*Silviani, Nurul, Dina. 2025. The Effectiveness of Swedish massage and Lavender Aromatherapy on Insomnia in the Elderly. Diploma III Midwifery Program, Universitas AMIKOM Purwokerto. Advisors (I): Uti Lestari, S.Si.T., MH.Kes, Advisors (II): Misrina Retnowati, S.Si.T., M.Kes.*

**Background.** *Elderly women are prone to insomnia due to physiological, hormonal, and psychological changes after menopause. Insomnia reduces quality of life and increases the risk of chronic diseases. Non-pharmacological treatments such as Swedish massage and lavender aromatherapy offer a safe alternative to improve sleep quality. Swedish massage promotes relaxation and circulation, while lavender aromatherapy provides calming effects through olfactory stimulation. **Research Objective.** To determine the effectiveness of Swedish massage and lavender aromatherapy in treating insomnia among the elderly. **Research Design.** His study used a qualitative design with a case study approach. The sampling technique applied was incident sampling. The research subjects consisted of three elderly women aged 63-65 years who were experiencing insomnia. **Research Results.** The intervention of Swedish massage and lavender aromatherapy for three consecutive days proved effective in reducing the level of insomnia. Insomnia scores decreased from 28 (moderate) to 20-21 (mild), and sleep duration increased from 4-5 hours to 6-7 hours per night. Vital signs also improved, indicated by a decrease in respiratory rate and pulse. These findings suggest that the combination therapy helps naturally improve sleep quality.*

**Keywords:** *Insomnia, elderly, swedish massage, lavender aromatherapy*