

## ABSTRACT

*Memory disturbance or loss of ability to remember could occur because of stress. The mechanism is predicted from the induction of rising activity of hypothalamic-hypophyseal-adenocortical system where cortisol acted in stimulating stress oxidative phenomenon in a neural around hippocampal area and rise the Reactive Oxidant System (ROS) and make the antioxidant defense system infunctional to take care of it. Finally, the destruction and death of neural cell at the hippocampal area and make the ability to remember lost.*

*Memory loss at aged people might happen because of the ability to maintain psychological stress dropped, so it's easier to hypothalamic-hypophyseal-adenocortical system activity to rise with every result to metabolism oxidative of neural cell around the hippocampal area.*

*One of the alternatives to maintain this stress by using aromatherapy. The scent that was breathed is circulated to the brain by the hipothalamus and give a relax sensation. This therapy will help to reduce the stress in life.*

*Key words: emotion, memory, cortisol, stress, aromatherapy*

