

ABSTRACT**THE INFLUENCE OF JASMINE ESSENTIAL OIL IN
FOOT SUBMERSION AND INHALATION METHODS
ON QUALITY AND QUANTITY OF THE SLEEP
IN THE ELDERLY IN UPT PSLU PASURUAN****By : Happy Restu Widayati**

Elderly often experience change in circadian rhythm which influences sleeping pattern. A sleep problem causes poor quality and quantity in getting a good night's rest. Jasmine essential oil is used as one of non-pharmacological interventions for insomnia by providing a calm and soothing sensation to sleep. Essential oil can be used by foot submersion and inhalation methods.

This research aimed to know the different influence of jasmine essential oil between foot submersion method and inhalation method on the quality and quantity of the sleep in the elderly in the Integrated Service Unit of Elderly Social Institution (UPT PSLU) Pasuruan.

The research design used was quasy experiment. Twenty one respondents were obtained by total sampling technique. The respondents were then divided into three groups, foot submersion intervension group, inhalation intervension group, and control group. The data of quality and quantity of the sleep were collected by PSQI questionnaires. The dependent variable of this research was quality and quantity of the sleep in the elderly. While the independent variable was the use of jasmine essential oil by foot submersion and inhalation method. The data were analyzed by using Chi Square with the level of significance $p=0,05$.

The statistical result by using chi square to compare the influence of both methods to the quality and quantity of the sleep in the elderly showed that $p=0,515$, which means that there was no difference of influence between foot submersion and inhalation methods to the quality and quantity of the sleep in the elderly.

Given these findings, it could be concluded that there was no difference of influence between foot submersion and inhalation methods to the quality and quantity of the sleep in the elderly. However giving jasmine essential oil into submerge foot had more effect than in inhalation method. Suggestion was addressed to future research to examine the role of friends of the same age for psychological guidance to the elderly as an effort for better sleep.

Keywords: jasmine essential oil, foot submersion method, inhalation method, sleep quality, sleep quantity, the elderly