

**ABSTRACT**  
**EFFECTIVENESS AROMACARE KENANGA (ylang-ylang) ON**  
**IMPROVING THE QUALITY OF SLEEP ELDERLY IN DISTRICT**  
**KEDUNG COWEK SURABAYA**

Quasy Experimental Study

**By: Mariana Puspitasari**

Sleep disorders emerged as important issues that arise among the elderly population. The impact is a decline in the quality of life, increased anxiety and depression as well as the disruption of balance and loss of vision. Scents have a relaxant effect as aromacare can reduce sleep complaints in the elderly by providing a quiet environment. Aromacare used to reduce the use and consumption of drugs is not an alternative therapy. Aromacare ylang-ylang can be used as a form of relaxation therapy.

Design used in this study was quasy experimental study. The respondent in this study is 36 person, consist by 18 person in intervention group and 18 person in control group. Respondent selected through purposive sampling. The independent variables was aromacare ylang-ylang, and dependent variable was quality of sleep. Data were collected using questionnaires PSQI and analyzed using paired T-test and Independent T test with significance level  $\alpha \leq 0.05$ .

The results showed that there was influence aromacare ylang-ylang to increasing the quality of sleep in the elderly ( $p = 0.000$ ), and there is no influence in the control group ( $p = 0.168$ ). There are different levels of quality of sleep of elderly between the intervention group and the control group ( $p = 0.007$ ). It can be concluded that aromacare ylang-ylang is effective for improving sleep quality of the elderly.

**Keyword:** Aromacare ylang-ylang, sleep quality in elderly