

Pengaruh kombinasi minyak atsiri pala (*myristica fragrans*) dan kenanga (*cananga odorata*) sebagai aromaterapi terhadap penurunan derajat insomnia pada wanita paruh baya = The combination effect of nutmeg (*myristica fragrans*) and cananga (*cananga odorata*) essential oils as aromatherapy toward reduction of insomnia degree in middle aged women

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Abstrak

[ABSTRAK
 Insomnia merupakan gangguan tidur yang paling sering dikeluhkan. Angka kejadian insomnia dari tahun ke tahun semakin bertambah. Insomnia menyebabkan seseorang mengalami kelelahan, penurunan status kesehatan, bahkan menyebabkan kematian karena kecelakaan. Penanganan kasus insomnia masih difokuskan pada pemberian obat (agen hipnotik) yang terbatas pada terapi jangka pendek karena dapat menimbulkan efek samping yang cukup berbahaya sehingga perlu dicari solusi yang dianggap lebih baik dan lebih aman. Tujuan penelitian ini untuk melihat pengaruh pemberian kombinasi minyak atsiri pala (*Myristica fragrans*) dan kenanga (*Cananga odorata*) sebagai aromaterapi dalam menurunkan derajat insomnia. Penelitian menggunakan desain eksperimental acak, single-blind dan cross-over pada 26 wanita paruh baya yang dibagi dalam dua grup dengan pemberian aromaterapi secara inhalasi selama 4 minggu (1 minggu tanpa perlakuan, 1 minggu perlakuan pertama, 1 minggu washout dan 1 minggu perlakuan kedua). Hasil diukur menggunakan Pittsburgh Sleep Quality Index (PSQI) dan parameter fisik berupa pengukuran tekanan darah (MAP), frekuensi nadi dan frekuensi pernafasan yang akan dibandingkan dengan minyak atsiri lavender sebagai kontrol. Kombinasi pala dan kenanga memiliki perbaikan skor PSQI sebanyak 3,31 poin ($p = 0,01$) dan lavender sebanyak 2,54 poin ($p = 0,30$). Penelitian ini memperlihatkan bahwa pemberian kombinasi minyak atsiri pala dan kenanga ternyata lebih berpengaruh dalam menurunkan derajat insomnia pada wanita paruh baya dibandingkan dengan minyak atsiri lavender.ABSTRACT
 Insomnia is a sleep disruption are most often complained. The incidence of insomnia increased from year to year. Insomnia causes a person to experience fatigue, decreased health status and even cause death due to an accident. The current treatments of choice are drugs (conventional hypnotics agents) that is limited to short-term therapy because it can cause dangerous side effects. It is necessary to find a solution that is considered to be a better and safer. The purpose of this study to see the combination effect of nutmeg (*Myristica fragrans*) and cananga (*Cananga odorata*) essential oils as aromatherapy in reducing the degree of insomnia. This study used a randomized experimental, single-blind, cross-over design in 26 middle-aged women who were divided into two groups with aromatherapy administration by inhalation for 4 weeks (1 week without treatment, 1 week for the first treatment, 1 week washout and 1 week for the second treatment). Results were measured using Pittsburgh Sleep Quality Index (PSQI) and physical parameters such as the measurement of blood pressure (MAP), heart rate and respiratory rate which will be compared with lavender essential oil as a control. The combination of nutmeg and cananga created an improvement of 3.31 points ($p = 0.01$) and lavender of 2.54 points ($p = 0.30$) in PSQI. This study showed that administration of a combination of nutmeg and cananga essential oils were more influential in reducing the degree of insomnia in middle-aged women compared with lavender

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