

Pengaruh Pijat Kaki dengan Minyak sereh terhadap Insomnia pada Lansia di Posyandu Melati Lingkungan Ngebrak Lor Kelurahan Giriwoyo

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Intisari

Latar Belakang : Lansia merupakan istilah bagi individu yang telah memasuki periode dewasa akhir atau usia tua. Kesulitan tidur atau insomnia disebabkan oleh kemunduran fisik maupun psikologis,serta sosial yang berdampak pada waktu tidur yaitu ketidakmampuan untuk tertidur, sering terbangun, ketidakmampuan untuk kembali tidur, dan terbangun pada dini hari.

Tujuan Penelitian: Untuk mengetahui pengaruh pijat kaki dengan minyak sereh terhadap insomnia pada lansia di Posyandu Lansia Melati Lingkungan Ngebrak Lor Kelurahan Giriwoyo.

Metode : Jenis penelitian yang digunakan adalah penelitian kuantitatif. Desain penelitian ini menggunakan metode penelitian *Pra-Eksperimen*, yaitu rancangan penelitian yang memanipulasi variabel bebas untuk mempengaruhi variabel terikat, tidak ada variabel kontrol dalam penelitian ini (Sani, 2016). Populasinya semua lansia di Posyandu Melati Lingkungan Ngebrak Lor Kelurahan Giriwoyo dengan jumlah semple 31 lansia. Teknik sampling menggunakan simple random sampling. Instrumen penelitian menggunakan lembar kuisisioner dengan pengolahan data editing,coding,scoring,tabulating dan analisis menggunakan uji parametrik *Paired T-Test*

Hasil Penelitian : sebelum penelitian dilakukan didapatkan 1 orang (3%) masuk dalam insomnia sangat berat, 8 orang (26%) masuk dalam insomnia berat, dan 22 (71%) orang masuk dalam insomnia ringan, setelah penelitian didapatkan hasil 4 orang (13%) masuk dalam insomnia ringan dan 27 orang lainnya (87%) masuk dalam kategori tanpa keluhan insomnia. Berdasarkan hasil uji hipotesis menggunakan uji parametrik *Paired T-Test* diperoleh nilai nilai t didukung dengan nilai signifikansi (p value) sebesar $0,0001 < 0,05$. Hal ini berarti H_0 ditolak dan H_a diterima.

Kesimpulan :ada pengaruh pijat kaki dengan minyak sereh terhadap insomnia pada lansia di Posyandu Melati Lingkungan Ngebrak Lor Kelurahan Giriwoyo.

Kata Kunci: Pijat Kaki, Insomnia, Lansia

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ABSTRACT

THE EFFECT OF FOOT MASSAGE WITH LEMONGRASS OIL ON INSOMNIA IN THE ELDERLY AT POSYANDU MELATI IN NGEBRAK LOR AT GIRIWOYO SUB-DISTRICT

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Background: Elderly is a term for individuals who have entered the old period. Insomnia is caused by decreasing physical, psychological, and social levels that impact sleep time, namely the inability to fall asleep, frequent awakenings, inability to return to sleep, and waking in the early hours of the morning.

Objectives: To determine the effect of foot massage with lemongrass oil on insomnia in the elderly in Posyandu Lansia Melati Ngebrak Lor at Giriwoyo sub-district.

Method: This type of research was quantitative research. This research design used Pre-Experimental research methods, namely research designs that manipulate independent variables to influence the dependent variable, and there are no control variables in this study (Sani, 2016). The population is all elderly in Posyandu Melati Ngebrak Lor at Giriwoyo subdistrict with a sample number of 31 elderly. The sampling technique used simple random sampling. The research instrument used a questionnaire sheet with data processing editing, coding, scoring, tabulating, and analysis using the Paired T-Test parametric test.

Results: 1 person (3%) had very severe insomnia, 8 people (26%) had severe insomnia, and 22 (71%) people had mild insomnia before the study was conducted. There are 4 people (13 %) included in mild insomnia and 27 others (87%) included in the category without insomnia complaints after the study. Based on the results of hypothesis testing using the Paired T-Test parametric test, the t-value is supported by a significance value (p-value) of 0.0001 <0.05. It means that Ho is rejected and Ha is accepted.

Conclusion: There is an effect of foot massage with lemongrass oil on insomnia in the elderly at Posyandu Melati Ngebrak Lor at Giriwoyo subdistrict.

Keywords: Foot Massage, Insomnia, Elderly

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