

COMBINATION OF LAVENDER AROMATHERAPY AND MUROTAL MUSIC THERAPY ON SLEEP PATTERN DISORDERS ON SLEEP PATTERN DISORDERS IN POST SECTIO CAESAREAN PATIENTS IN THE DRUPADI II ROOM, JOMBANG REGIONAL HOSPITAL

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ABSTRAC

Background: *The postpartum period is a period of adjustment for mothers after pregnancy and childbirth. This adjustment causes discomfort, the discomfort experienced is sleep disturbance. The cause of sleep disturbance in postpartum mothers is physical fatigue due to breastfeeding, caring for babies, the baby's continuous needs so that the mother's rest is reduced. Objective: to provide nursing care to post-section caesarean patients with sleep pattern disturbance problems. Method: This study uses a single case study method with a medical diagnosis of post-section caesarean with an age of 25 years, the patient was given nursing interventions in the form of lavender aromatherapy and murotal music therapy to overcome sleep pattern disturbance problems. This study was conducted on March 25 - March 27, 2025 in the Drupadi II Room, Jombang Hospital. Data collection was carried out by observation, physical examination and questionnaires. The PSQI questionnaire was used to measure sleep quality. Results: After being given lavender aromatherapy and murotal music therapy interventions for 3 days, the objectives and criteria for the results showed that complaints of difficulty sleeping decreased, complaints of frequent waking decreased and complaints of dissatisfaction with sleep decreased. Sleep pattern disturbance problems were resolved. Conclusion: Giving lavender aromatherapy and murottal music therapy can improve the quality of sleep patterns*

Keywords: *Murotal music therapy, lavender aromatherapy, sleep pattern disorders, Post Partum.*