

**PENERAPAN AROMA TERAPI LAVENDER DALAM PEMENUHAN
KEBUTUHAN ISTIRAHAT TIDUR UNTUK MENGURANGI
FATIGUE PADA ANAK DENGAN LEUKIMIA DI
RSUD Dr.MOEWARDI**

Muhammad Nico Fachrizal¹, Atik Badi'ah², Agus Sarwo Prayogi³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : zalfachri53@gmail.com

ABSTRAK

Latar Belakang: *Acute Lymphoblastic Leukemia* (ALL) pada anak sering menimbulkan kelelahan ekstrem (*fatigue*) dan gangguan tidur akibat efek kemoterapi serta hospitalisasi. Kandungan zat aktif *linalool* dan *linalyl acetate* dalam aromaterapi lavender berpotensi memberikan efek relaksasi untuk mengatasi ketegangan fisik tersebut.

Tujuan: Menerapkan dan mengevaluasi asuhan keperawatan berbasis bukti dengan mengintegrasikan inhalasi aromaterapi lavender untuk mengurangi kelelahan dan memperbaiki kualitas tidur pasien anak dengan ALL.

Metode: Studi kasus dilakukan pada dua pasien anak ALL di RSUD Dr. Moewardi menggunakan instrumen *Fatigue Scale-Child* (FS-C). Aromaterapi diberikan 2–3 jam per hari selama 3x24 jam dalam intervensi Manajemen Energi dan Dukungan Tidur.

Hasil: *Pre-test* menunjukkan kelelahan sedang dengan skor FS-C 24 (Pasien I) dan 21 (Pasien II). Setelah 3 hari intervensi, masalah kelelahan dan gangguan tidur pada Pasien II teratasi sepenuhnya, sedangkan pada Pasien I teratasi sebagian dan memerlukan pemantauan energi bertahap.

Kesimpulan: Kombinasi asuhan keperawatan dengan inhalasi aromaterapi lavender efektif menurunkan skor kelelahan dan meningkatkan kualitas tidur pasien anak selama hospitalisasi.

Kata Kunci: ALL, *Fatigue*, Gangguan Pola Tidur, Aromaterapi, Lavender

THE USE OF LAVENDER AROMATHERAPY IN FULFILLING SLEEP REST NEEDS TO REDUCE FATIGUE IN CHILDREN WITH LEUKEMIA AT DR. MOEWARDI GENERAL HOSPITAL

Muhammad Nico Fachrizal¹, Atik Badi'ah², Agus Sarwo Prayogi³
Department of Nursing Poltekkes Kemenkes Yogyakarta
St.Tatabumi No.3 Banyuraden, Gamping, Sleman
Email: zalfachri53@gmail.com

ABSTRACT

Background: Acute Lymphoblastic Leukemia (ALL) in children often causes extreme fatigue and sleep disturbances due to the effects of chemotherapy and hospitalization. The active compounds linalool and linalyl acetate in lavender aromatherapy have the potential to provide a relaxing effect to address these physical tensions.

Objective: To implement and evaluate evidence-based nursing care by integrating lavender aromatherapy inhalation to reduce fatigue and improve sleep quality in children with ALL.

Methods: A case study was conducted on two children with ALL at Dr. Moewardi Hospital using the Fatigue Scale-Child (FS-C) instrument. Aromatherapy was given 2–3 hours per day over a 3x24 hour period as part of Energy Management and Sleep Support interventions.

Results: The pre-test showed moderate fatigue with FS-C scores of 24 (Patient I) and 21 (Patient II). After 3 days of intervention, fatigue and sleep disturbances in Patient II were completely resolved, while in Patient I they were only partially resolved and required gradual energy monitoring.

Conclusion: Combining nursing care with lavender aromatherapy inhalation effectively reduced fatigue scores and improved sleep quality in hospitalized children.

Keywords: ALL, Fatigue, Sleep Pattern Disorders, Aromatherapy, Lavender