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*Application of Lavender Aromatherapy to Adolescents with Insomnia at SMA  
Negeri 10 Bogor City*

*i-xv + 58 pages, V chapter, 5 tables, 2 pictures, 10 attachments*

## **ABSTRACT**

*According to the Sleep Foundation (2020) 23.8% of 100% of teenagers in the world experience insomnia. Apart from that, in Indonesia it was found that 10% of the 238 million people experienced insomnia or difficulty sleeping due to psychological changes such as emotions, behavior and attitudes. Lavender aromatherapy aims to relax the body before sleeping. The aim of this research was to determine the level of insomnia in adolescents after applying lavender aromatherapy at SMA Negeri 10 Bogor City. The method used in this research is a descriptive method with case studies. The number of respondents was 4 people who underwent Lavender Aromatherapy intervention in 5 meetings. The pre-test and post-test used the Insomnia Severity Index (ISI) questionnaire. The results of this study show that the application of Lavender Aromatherapy is effective in reducing the level of insomnia in adolescents with a decrease in the level of insomnia by 4-9 points, namely from the category of moderate insomnia to no insomnia after being given therapy. The application of Lavender Aromatherapy is recommended to reduce insomnia in teenagers at SMA Negeri 10 Bogor City.*

***Keywords: Adolescent, Insomnia, Lavender Aromatherapy***

***Bibliography : 39 Sources (2016-2023)***