

AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF AROMA THERAPY ON SLEEP QUALITY AMONG NURSING STUDENTS OF S.B.D.S COLLEGE OF NURSING AHERWAN , RATIA , FATEHABAD

Author's Name: Prof. Shanmuga Meenakshi Gurusamy¹ Kajal et al²

¹Department of Medical Surgical Nursing and Hostel Student Welfare Committee, SBDS College of Nursing, Aherwan, Fatehabad, India

²Final year student, Department of Medical Surgical Nursing and Hostel Student Welfare Committee, SBDS College of Nursing, Aherwan, Fatehabad, India

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Abstract

Adequate sleep has a crucial role in enhancing cognitive skills especially memory retention, among College students especially among Hostellers. Poor night time sleep quality and the consequent daytime sleepiness affect physical and cognitive health of students and their academic performance. Aroma Therapy is one of the age old as well as cost effective Alternative Therapy with less or no side effects. Quantitative Evaluative approach and Quasi Experimental design. The aim of study was to assess the effect of Aroma Therapy on Quality of Sleep among hostel students of S.B.D.S College of nursing. Quasi experimental, pretest posttest Control group – Experimental group Design was adopted for the study. 40 samples were selected by using purposive sampling technique. 20 samples were alternatively assigned to experimental group and control group so as to include 20 samples in each group. The Quality of sleep was assessed by using Groningen sleep quality scale. Aroma therapy (inhalation) was administered by the researcher for 10minutes, for 05 consecutive days in experimental group. For control group, routine sleep pattern without Aroma Therapy was encouraged and observed. Posttest was done to assess the Quality of sleep in Experimental group and Control by using Groningen sleep Quality scale. Descriptive and inferential statistical techniques were used to analyze the data. Unpaired test was used to assess the Aroma therapy on Quality of Sleep among students with sleeping disturbance. It was identified that the mean value of Quality of sleep among students with sleeping disturbance in experimental group and control group was 6.35(SD=1.7) and 8.7 (SD=1.10) respectively with the main difference of 2.2 was found to be greater than table value of 5.65at 0.001 level of significance. The result shows highly significant difference in the Quality of sleep among students with sleeping disturbance after Aroma therapy. Hence it was concluded that Aroma therapy was an effective Alternative therapeutic intervention for improving the quality of sleep among students. Adequate sleep is essential to refresh the students every day and help them in learning and memory processing. Hosteller students and their facilitators should comprehend the negative effects of sleep deprivation on student academics and should take adequate measures to improve the sleep quality of students. A Nurse should implement simple alternative therapy like Aroma therapy to improve the Quality of Sleep. This method also can be implemented at various grades of students.

Keywords: Aroma Therapy, Quality of sleep, Groningen sleep Quality Scale, Alternative therapeutic Intervention.

OBJECTIVES

1. To assess the pretest level of sleep quality among college student in both experimental and control group.

2. To administer Lavender oil therapy for 10 days to experimental group.
3. To assess the posttest level of Sleep quality Aroma therapy among both experimental and Control group.
4. Compare the posttest level of Sleep quality among both experimental and control group.
5. To find out the association between selected socio demographic Variable and Sleep Quality among experimental group.

HYPOTHESIS

Hypothesis 0; There is no significant association between Aroma therapy and sleep Quality of College students.

Hypothesis 1; There will be significant association between Aroma therapy and Sleep quality among college students.

INCLUSION CRITERIA

- College Students age group of 17-25 years
- Those who are willing to Participate.

EXCLUSION CRITERIA

- Those who are already suffering with any disorder which affect the sleep quality
- Those who are already prescribed with some medicines which may affect the sleep quality.
- Those who are not willing to Participate

INTRODUCTION

Now a days, use of alternative and complementary therapies with mainstream medicine has gained the momentum. Aromatherapy is one of the complementary therapies which use essential oils as the major therapeutic agents to treat several diseases. The essential or volatile oils are extracted from the flowers, barks, stem, leaves, roots, fruits and other parts of the plant by various methods. It came into existence after the scientists deciphered the antiseptic and skin permeability properties of essential oils. Inhalation, local application and baths are the major methods used in aromatherapy that utilize these oils to penetrate the human skin surface with marked aura. Once the oils are in the system, they remodulate themselves and work in a friendly manner at the site of malfunction or at the affected area. This type of therapy utilizes various permutation and combinations to get relief from numerous ailments like depression, indigestion, headache, insomnia, muscular pain, respiratory problems, skin ailments, swollen joints, urine associated complications *etc.* The essential oils are found to be more beneficial when other aspects of life and diet are given due consideration. This review explores the information available in the literature regarding therapeutic, medical, cosmetic, psychological, olfactory, massage aromatherapy, safety issues and different plants used in aromatherapy.

METHODOLOGY

Aim: This study aimed to investigate the effect of lavender essential oil on the sleep quality and anxiety level of students of S.B.D.S College of Nursing Aherwan.

Participants: A total 40 students of S.B.D.S College of Nursing Aherwan participated in this study.

Design: A purposefully controlled study was conducted with 40 students of S.B.D.S College of Nursing Aherwan .

Setting: Participants usual sleep setting.

The study conducted on hostel student of S.B.D.S. College of nursing Ratia, Aherwan, Fatehabad Haryana. It is a private institution with many departments and hostel with good facilities.

Methods: After informing the students in both groups about the study, they were administered a questionnaire Groningen Sleep Quality Scale. The students in the intervention group were given 2% lavender essential oil via inhalation for 05 days after which they were administered the same scales again to evaluate the sleep quality and anxiety. As for the control group, they were administered the same scales again after 15 days without the inhalation of lavender essential oil.

Sampling criteria: it includes inclusive and exclusive criteria.

Exclusive sampling criteria are the sampling criteria or characteristics that cause a person or element to be exclude from the target population.

Inclusive sampling criteria are the sampling criteria or characteristics that can cause a person or element to be include in target population.

Inclusive criteria:

1. Students who are willing to participate in the study.
2. Students who are available at the time of data collection.
3. Students who can understand English language.

Exclusive criteria:

1. Students who are not willing to participate in the study.
2. Students who are not present at the time of data collection.
3. Students who cannot understand the English language.

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