

**PENGARUH PEMBERIAN AROMATERAPI MINYAK LAVENDER
(*Lavandula*) TERHADAP TINGKAH LAKU HAMSTER WINTER WHITE
(*Phodopus sungorus*) PADA PEMELIHARAAN INTENSIF**

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INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian aromaterapi minyak lavender terhadap tingkah laku hamster Winter White pada pemeliharaan intensif. Penelitian ini dilaksanakan di Daerah Istimewa Yogyakarta. Penelitian dilaksanakan selama 12 hari menggunakan 8 hamster Winter White dewasa. Desain penelitian yang digunakan yaitu metode *Crossover* (seluruh hamster diberi 2 perlakuan berbeda secara bergantian). Perlakuan kontrol (K), hamster Winter White tidak diberi paparan aromaterapi minyak lavender selama 6 hari. Kemudian dilanjutkan dengan perlakuan pemberian aromaterapi minyak lavender (AL) menggunakan *diffuser*. Pengamatan dilakukan dengan mencatat durasi dan frekuensi bangun, tidur, eksplorasi lingkungan, interaksi, grooming, pola makan, *feed intake*, mencoba keluar/memanjat, serta menggigit/agresi. Pengamatan menggunakan metode *time sampling*, pada 15 menit pertama pada pukul 18.00 sampai pukul 24.00. Data dianalisis secara statistik menggunakan *Repeated Measures ANOVA*. Hasil analisis menunjukkan bahwa kelompok kontrol vs aromaterapi minyak lavender, terjadi peningkatan pada lama tidur $63,56 \pm 6,01$ menit vs $73,73 \pm 10,8$ menit; serta terjadi penurunan pada frekuensi grooming $4,12 \pm 0,78$ kali VS $1,52 \pm 1,02$ kali; dan pada frekuensi menggigit/agresi yaitu $0,99 \pm 0,82$ kali vs $0,29 \pm 0,50$ kali. Aromaterapi minyak lavender meningkatkan tingkah laku ketenangan pada hamster yang terdiri dari peningkatan durasi tidur, perilaku grooming yang stabil, serta menurunkan perilaku agresif.

Kata kunci: aromaterapi, hamster, ketenangan, lavender, tingkah laku

THE EFFECT OF LAVENDER (*Lavandula*) AROMATHERAPY ON THE BEHAVIOR OF WINTER WHITE HAMSTERS (*Phodopus sungorus*) AT INTENSIVE PRODUCTION SYSTEM

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ABSTRACT

This study aimed to determine the effect of lavender essential oil aromatherapy on the behavior of Winter White hamsters (*Phodopus sungorus*) at intensive production system. The research was conducted in the Special Region of Yogyakarta for 12 days using 8 adult Winter White hamsters. The experimental design applied was a crossover method, in which all hamsters were subjected to two alternating treatments. During the control phase (K), hamsters were not exposed to lavender aromatherapy for 6 days, followed by the treatment phase (AL), where they were exposed to lavender essential oil using a diffuser. Behavioral observations were recording the duration and frequency of waking, sleeping, environmental exploration, interaction, grooming, feeding, feed intake, climbing/escape attempts, and biting/aggression. The observation method uses CCTV for the first 15 minutes of every hour, and is carried out for 6 hours (18.00 – 24.00). Data were analyzed statistically using Repeated Measures ANOVA. The results showed that sleep duration increased from 63.56 ± 6.01 minutes (K) to 73.73 ± 10.8 minutes (AL); grooming frequency decreased from 4.12 ± 0.78 times (K) to 1.52 ± 1.02 times (AL); and biting/aggressive behavior decreased from 0.99 ± 0.82 times (K) to 0.29 ± 0.50 times (AL). Lavender oil aromatherapy increases calm behavior in hamsters which consists of increasing sleep duration, stable grooming behavior, and reducing aggressive behavior.

Keywords: aromatherapy, behavior, calmness, hamster, lavender