

# **PENGARUH KEIKUTSERTAAN YOGA HAMIL TERHADAP PENINGKATAN KUALITAS TIDUR IBU HAMIL TRIMESTER III DI PMB APPI AMMELIA TAHUN 2023**

Nengah Duwik Sonia Wati<sup>1</sup>, Alfie Ardiana Sari<sup>2</sup>

## **INTISARI**

**Latar Belakang** : Selama masa kehamilan, perubahan serta adaptasi fisiologis dan psikologis akan terjadi pada ibu hamil. Berdasarkan National Sleep Foundation, terdapat 50% wanita hamil dengan gangguan tidur. Untuk mengurangi gangguan tidur dan memenuhi kebutuhan tidur, ibu hamil dapat melakukan beberapa upaya yaitu melakukan latihan fisik, merelaksasi diri dan meningkatkan olah nafas. Upaya tersebut dapat dilakukan dengan melakukan prenatal yoga atau yoga hamil.

**Tujuan** : Tujuan penelitian ini untuk mengetahui apakah terdapat pengaruh keikutsertaan yoga hamil terhadap peningkatan kualitas tidur pada ibu hamil trimester III di PMB Appi Ammelia.

**Metode** : Penelitian ini termasuk dalam penelitian berjenis kuantitatif dengan desain *quasi-eksperimen* menggunakan *One Group pretest-posttest design without control*. Uji statistik yang digunakan adalah *Paired Sample T Test*.

**Hasil** : Hasil uji normalitas menggunakan *Shapiro-wilk test* data berdistribusi normal. Responden yang memiliki kualitas tidur yang buruk berjumlah 16 responden (94,1%). Responden memiliki peningkatan kualitas tidur setelah melakukan yoga hamil yaitu sejumlah 10 responden (58,8%). Berdasarkan hasil uji *Paired Sample T* didapatkan nilai *p value* 0,000 (*p value* <0,05).

**Kesimpulan** : Terdapat pengaruh keikutsertaan yoga hamil terhadap peningkatan kualitas tidur ibu hamil trimester III di PMB Appi Ammelia tahun 2023.

**Kata Kunci** : *Ibu Hamil, Kualitas Tidur, Yoga Hamil*

---

<sup>1</sup>Mahasiswa Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

# THE EFFECT OF PARTICIPATING PRENATAL YOGA ON IMPROVING THE SLEEP QUALITY OF THIRD TRIMESTER IN PREGNANT AT PMB APPI AMMELIA IN 2023

Nengah Duwik Sonia Wati<sup>1</sup>, Alfie Ardiana Sari<sup>2</sup>

## ABSTRACT

**Background:** During pregnancy, physiological and psychological changes and adaptations will occur in pregnant women. According to the National Sleep Foundation, 50% of pregnant women have sleep disorders. To reduce sleep disorders and meet sleep needs, pregnant women can make several efforts, namely physical exercise, relaxing themselves, and improving breathing. These efforts can be made by doing prenatal yoga or pregnant yoga.

**Objective:** The purpose of this study was to determine whether there was an effect of pregnant yoga participation on improving sleep quality in third trimester pregnant women in PMB Appi Ammelia.

**Method:** This study is included in quantitative research with a quasi-experimental design using a one-group pretest-posttest design without control. The statistical test used is the Paired Sample T Test.

**Result:** Normality test results using Shapiro-Wilk test normally distributed data. Respondents who had poor sleep quality amounted to 16 respondents (94.1%). Respondents had an improvement in sleep quality after doing pregnant yoga, which was 10 respondents (58.8%). Based on the results of the Paired Sample T test, a p value of 0.000 (p value <0.05) is obtained.

**Conclusion:** There is an influence of pregnancy yoga participation on improving the sleep quality of third trimester pregnant women at PMB Appi Ammelia in 2023.

**Keywords :** Pregnant women, Sleep Quality and Yoga for Pregnant

---

<sup>1</sup>Midwifery Student (S-1) of Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Midwifery Lecture (S-1) of Universitas Jenderal Achmad Yani Yogyakarta