

PENGARUH PRENATAL YOGA TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER III DI PUSKESMAS KASIHAN 1 BANTUL

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INTISARI

Latar Belakang: Ibu hamil akan mengalami berbagai perubahan fisik maupun psikologis. Perubahan tersebut dapat mengakibatkan gangguan tidur. Gangguan tidur dan kelelahan selama masa kehamilan dapat meningkatkan risiko hipertensi gestasional, mempengaruhi lama persalinan hingga tingkat sectio caesarea. Prenatal yoga merupakan salah satu terapi nonfarmakologi yang dapat membantu mengatasi keluhan selama kehamilan serta meningkatkan kualitas tidur ibu hamil.

Tujuan Penelitian: Untuk mengetahui pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III di Puskesmas Kasihan 1 Bantul.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif *pre eksperiment* dengan pendekatan *one group pre test – post test design*. Penelitian ini menggunakan teknik purposive sampling dengan besar sampel sebanyak 16 ibu hamil trimester III. Penelitian ini berlangsung pada bulan Juni-Juli 2023 di Puskesmas Kasihan 1 Bantul. Intervensi prenatal yoga diberikan sebanyak 4x dalam 14 hari. Penelitian ini menggunakan uji statistik wilcoxon menggunakan SPSS 25.

Hasil: Analisis *pre-test* menunjukkan seluruh responden (100%) memiliki kualitas tidur yang buruk. Dan analisis *post-test* menunjukkan 7 dari 16 responden (43.75%) mengalami kualitas tidur baik. Berdasarkan hasil analisis diperoleh nilai *p-value*=0.008 yang menunjukkan bahwa $p < 0.05$ yang berarti H1 diterima atau terdapat pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III.

Kesimpulan: Berdasarkan penelitian ini terdapat pengaruh prenatal yoga terhadap kualitas tidur pada ibu hamil trimester III di Puskesmas Kasihan 1 Bantul.

Kata Kunci: Prenatal Yoga, Kualitas Tidur, Ibu Hamil Trimester III

**EFFECTIVITY PRENATAL YOGA ON SLEEP QUALITY OF THE THIRD
TRIMESTER PREGNANT WOMEN IN PUSKESMAS KASIHAN 1
BANTUL**

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ABSTRACT

Background: Pregnant women will experience various physical and psychological changes. These changes can cause sleep disturbances. Sleep disturbance and fatigue during pregnancy can increase the risk of gestational hypertension, affect the duration of labor up to the level of sectio caesarea. Prenatal yoga is a non-pharmacological therapy that can help overcome complaints during pregnancy and improve sleep quality for pregnant women.

Aims: To determine the effect of prenatal yoga on the quality of sleep of third trimester pregnant women at the Puskesmas Kasihan 1 Bantul.

Research Metode: This research is a qualitative pre-eksperimentat study with one-group pre test-post test design approach. This study used a purposive sampling technique with a sample size of 16 third trimester pregnant women. This research was conducted in June-July 2023 at Puskesmas Kasihan 1 Bantul. Prenatal yoga intervention was given 4x in 14 days. This study used the Wilcoxon Statistical test with SPSS 25.

Result: The pre-test analysis showed that all respondents (100%) had poor sleep quality. And the post-test analysis showed that 7 out of 16 respondents (43.75%) experienced good sleep quality. Based on the result, it was obtained that $p\text{-value}=0.008$ which indicates that $p<0.05$, which means H_1 is accepted or there is an effect of prenatal yoga on the sleep quality of third trimester pregnant women.

Conclusion: Based on this study, there is an effect of prenatal yoga on sleep quality in third trimester pregnant women at Puskesmas Kasihan 1 Bantul

Keywords: Prenatal Yoga, Quality of Sleep, Pregnant Women in Trimester III