

**PENGARUH PRENATAL YOGA TERHADAP
PENINGKATAN KUALITAS TIDUR IBU HAMIL
TRIMESTER III DI PUSKESMAS DARUBA
KABUPATEN PULAU MOROTAI**

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INTISARI

Latar Belakang : Pada trimester III kehamilan, permasalahan yang timbul antara lain nyeri punggung bawah, ini terjadi karena meningkatnya beban berat yang dibawa dalam rahim, penurunan jumlah tidur terjadi karena ibu susah untuk tidur (insomnia). Ini dirasakan sebagai akibat dari meningkatnya kecemasan atau kekhawatiran dan ketidaknyamanan fisik. . Perubahan psikologis yang berlebihan tanpa alasan yang jelas ini , yang akhirnya menyebabkan depresi dan mengganggu kualitas tidur

Tujuan : Untuk mengetahui pengaruh *prenatal yoga* terhadap kualitas tidur ibu hamil trimester III di Wilayah Kerja Puskesmas Daruba.

Metode: Penelitian ini merupakan penelitian eksperimen tanpa menggunakan kelompok control yaitu *one group pre test post test design*. Populasi penelitian ini adalah semua ibu hamil trimester III sebanyak 29 ibu hamil, Teknik pengambilan sampel menggunakan *purposeful sampling*, Instrumen penelitian menggunakan SOP *prenatal yoga* dan kuesioner PSQI, Analisis data menggunakan uji normalitas data dengan *shapiro wilk* jika hasil berdistribusi normal dan apabila data berdistribusi tidak normal akan di lakukan dengan uji wilcoxon

Hasil : Berdasarkan hasil penelitian menunjukkan bahwa ibu hamil trimester III sebelum dilaksanakan prenatal yoga memiliki skor PSQI 7.82 kategori kualitas tidur buruk, ibu hamil trimester III sesudah prenatal yoga memiliki skor PSQI 4.91 kategori kualitas tidur baik, Terdapat pengaruh *prenatal yoga* terhadap kualitas tidur ibu hamil trimester III di Wilayah Kerja Puskesmas Daruba (p0.000).

Kesimpulan : Terdapat pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III di Wilayah Kerja Puskesmas Daruba (p=0.000).

Kata Kunci : Kualitas Tidur, Prenatal Yoga

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THE EFFECT OF PRENATAL YOGA ON IMPROVEMENT SLEEP QUALITY OF PREGNANT WOMEN IN THE III TRIMESTER AT DARUBA DISTRICT HEALTH CENTER MOROTAI ISLAND

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ABSTRAK

Background: In the III trimester of pregnancy, problems that arise include low back pain, this occurs due to an increase in the heavy load carried in the uterus, a decrease in the amount of sleep occurs because the mother has difficulty sleeping (insomnia). It is felt as a result of increased anxiety or worry and physical discomfort. Excessive psychological alterations for no apparent reason, which end up causing depression and interfering with the quality of sleep

Purpose: To determine the effect of *prenatal yoga* on the sleep quality of pregnant women in the III trimester in the Daruba Health Center Working Area.

Method: This study is an experimental study without using a control group, namely *one group pre-test post test design*. The population of this study was all III trimester pregnant women as many as 29 pregnant women, sampling techniques using *purposeful sampling*, Research instruments using *prenatal yoga SOPs* and PSQI questionnaires, Data analysis using data normality tests with *shapiro wilk* if the results were normally distributed and if the data was abnormally distributed would be carried out with wilcoxon tests

Results: Based on the results of the study showed that pregnant women in the III trimester before prenatal yoga had a PSQI score of 7.82 in the category of poor sleep quality, pregnant women in the III trimester after prenatal yoga had a PSQI score of 4.91 in the category of good sleep quality, there was an influence of *prenatal yoga* on the sleep quality of pregnant women in the III trimester in the Daruba Health Center Working Area ($p < 0,000$).

Conclusion: There is an influence of prenatal yoga on the sleep quality of pregnant women in the III trimester in the Daruba Health Center Working Area ($p = 0.000$).

Keywords : Sleep Quality, Prenatal Yoga

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