

PENGARUH PRENATAL YOGA TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER III DI PMB WATI SUBAGYA KABUPATEN SLEMAN YOGYAKARTA

Amelia Oktia M¹, Arum Margi Kusumawardani², Budi Rahayu³
Email: Ameliaoktiam@gmail.com

INTISARI

Latar belakang: Pada trimester ketiga kehamilan, ibu hamil sering mengalami gangguan tidur yang disebabkan oleh perubahan fisiologis seperti pembesaran rahim, nyeri punggung, dan frekuensi berkemih meningkat, serta faktor psikologis berupa kecemasan menjelang persalinan. Gangguan tidur yang berkepanjangan dapat berdampak negatif pada kesejahteraan ibu dan janin. Salah satu intervensi yang dapat digunakan secara aman dan alami adalah prenatal yoga. Penelitian dilakukan di PMB Wati Subagya, Sleman, Yogyakarta, dimana menurut petugas kesehatan, sekitar 8 dari 10 ibu hamil trimester III mengalami kesulitan tidur.

Tujuan: Mengetahui pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III di PMB Wati Subagya Kabupaten Sleman Yogyakarta.

Metode: Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one-group pretest-posttest*. Sampel sebanyak 30 responden diperoleh melalui teknik *purposive sampling*. Kualitas tidur diukur menggunakan instrumen *Pittsburgh Sleep Quality Index* (PSQI), sedangkan intervensi dilakukan sebanyak 4 kali dalam 2 minggu.

Hasil: Terdapat peningkatan kualitas tidur ibu hamil secara signifikan setelah diberikan intervensi prenatal yoga. Hasil uji *Wilcoxon* menunjukkan nilai $p = <0,001$.

Kesimpulan: Prenatal yoga efektif dalam meningkatkan kualitas tidur ibu hamil trimester III dan dapat dijadikan alternatif intervensi non-farmakologis dalam pelayanan kebidanan. Kata kunci: prenatal yoga, kualitas tidur, ibu hamil trimester III, PSQI

Kata Kunci: Kualitas tidur, ibu hamil, trimester III, prenatal yoga

¹ Mahasiswa Prodi Kebidanan S1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Prodi Kebidanan S1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Prodi Kebidanan S1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF PRENATAL YOGA ON SLEEP QUALITY IN THIRD-
TRIMESTER PREGNANT WOMEN AT PMB WATI SUBAGYA,
SLEMAN REGENCY, YOGYAKARTA.**

Amelia Oktia M¹, Arum Margi Kusumawardani², Budi Rahayu³
Email: Ameliaoktiam@gmail.com

ABSTRAK

Background: Sleep disturbances are a common complaint experienced by third-trimester pregnant women, primarily triggered by physiological changes such as increased urinary frequency and uterine enlargement, as well as psychological factors like anxiety approaching labor. Prolonged sleep disruption may negatively impact maternal and fetal well-being. Prenatal yoga serves as a safe and non-pharmacological intervention to enhance sleep quality through relaxation techniques and breathing control. The study was conducted at PMB Wati Subagya in Sleman, Yogyakarta, where local health workers reported that approximately 8 out of 10 third-trimester pregnant women experienced sleep difficulties.

Objective: To examine the effect of prenatal yoga on the sleep quality of pregnant women in third trimester at PMB Wati Subagya

Method: This study employed a pre-experimental design with a one-group pretest-posttest approach. Thirty respondents were selected using purposive sampling. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), and the intervention was conducted in four sessions over two weeks.

Results: The findings indicated a significant improvement in maternal sleep quality following prenatal yoga intervention. The Wilcoxon test resulted in a p-value < 0.001.

Conclusion: Prenatal yoga is proven effective in improving sleep quality among third-trimester pregnant women and can be considered a holistic alternative within midwifery care services. **Keywords:** prenatal yoga, sleep quality, third-trimester pregnancy, PSQI.

Keywords: Sleep quality, pregnant women, third trimester, prenatal yoga.

¹ Mahasiswa Prodi Kebidanan S1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Prodi Kebidanan S1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Prodi Kebidanan S1 Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta