

PENERAPAN INTERVENSI PIJAT KEHAMILAN ADALAM PENINGKATAN KUALITAS TIDUR IBU HAMIL

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INTISARI

Latar belakang : Kehamilan merupakan fase istimewa bagi wanita, namun diwarnai pula dengan berbagai perubahan fisik dan psikologis. Salah satu perubahan yang sering dialami ibu hamil adalah masalah kualitas tidur. Data Puskesmas Kasihan II dari kunjungan di bulan Januari-Juni 2024 tercatat 291 ibu hamil, dan 70% di antaranya menderita gangguan tidur di trimester I dan trimester III kehamilan. Setelah dilakukan pengkajian di salah satu Desa dalam wilayah kerja Puskesmas Kasihan II yaitu di Desa Padokan Kidul di dapatkan adanya ibu hamil trimester III dengan gangguan kualitas tidur, dengan gejala terbangun di malam hari karena merasa pegal-pegal dan sering ingin buang air kecil. Diagnosa keperawatan yang penulis angkat adalah Gangguan pola tidur dengan salah satu intervensi yang di terapkan untuk meningkatkan kualitas tidur ibu hamil adalah pijat kehamilan.

Tujuan : Menegakkan asuhan keperawatan keluarga dengan penerapan intervensi pijat kehamilan dan efektivitasnya terhadap peningkatan kualitas tidur ibu hamil.

Metode : Menggunakan 3 metode; Wawancara menggunakan pengkajian asuhan keperawatan keluarga dan kuesioner Pittsburgh Sleep Quality Index (PSQI), Observasi keadaan lingkungan, reaksi, sikap dan perilaku klien, dan Pemeriksaan fisik kepada keluarga.

Hasil : Terjadi penurunan 6 skor setelah dilakukan terapi pijat kehamilan, dimana semakin rendah skor PSQI maka kualitas tidur semakin baik. Setelah di intervensi dengan pijat kehamilan, Klien belum memiliki kualitas tidur yang baik. Namun sudah terjadi penurunan skor yang signifikan antara sebelum dan sesudah dilakukan terapi pijat kehamilan. Hal tersebut menggambarkan adanya peningkatan kualitas tidur setelah dilakukan intervensi pijat kehamilan.

Kesimpulan : Dari penerapan intervensi di dapatkan hasil adanya penurunan skor Pittsburgh Sleep Quality Index (PSQI) dari 13 menjadi 7.

Kata Kunci : Pijat Kehamilan, Ibu Hamil

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APPLICATION OF PREGNANCY MASSAGE INTERVENTIONS IN IMPROVING SLEEP QUALITY IN PREGNANT WOMEN

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ABSTRAK

Background: Pregnancy is a special phase for women, but it is also characterised by various physical and psychological changes. One of the changes that pregnant women often experience is sleep quality problems. Data from Puskesmas Kasihan II from visits in January-June 2024 recorded 291 pregnant women, and 70% of them suffered from sleep disorders in the first and third trimester of pregnancy. After conducting an assessment in one of the villages in the working area of Puskesmas Kasihan II, namely in Padokan Kidul Village, there was a third trimester pregnant woman with sleep quality disorders, with symptoms of waking up at night because she felt sore and often wanted to urinate. The nursing diagnosis that the author raises is sleep pattern disorders with one of the interventions applied to improve the quality of sleep of pregnant women is pregnancy massage.

Objective: To enforce family nursing care with the application of pregnancy massage interventions and their effectiveness in improving the sleep quality of pregnant women.

Methods: Using 3 methods; Interview using family nursing care assessment and Pittsburgh Sleep Quality Index (PSQI) questionnaire, Observation of the environment, reaction, attitude and behaviour of the client, and Physical examination to the family.

Results: There was a decrease in 6 scores after pregnancy massage therapy, where the lower the PSQI score, the better the sleep quality. After intervention with pregnancy massage, the client does not yet have good sleep quality. However, there has been a significant decrease in scores between before and after pregnancy massage therapy. This illustrates an improvement in sleep quality after pregnancy massage intervention.

Conclusion: From the application of the intervention, there was a decrease in the Pittsburgh Sleep Quality Index (PSQI) score from 13 to 7.

Keywords: Pregnancy Massage, Pregnant Women

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