

**PENGARUH *MASSAGE EFFLEURAGE* TERHADAP KUALITAS
TIDUR IBU HAMIL TRIMESTER III DI PMB WATI SUBAGYA
KABUPATEN LEMAN YOGYAKARTA**

Aurella Ratna Duhita Diharjo¹, Dwi Yulinda²

Email: areldiharjo5428@gmail.com

INTISARI

Latar Belakang: Gangguan tidur pada ibu hamil trimester III sering terjadi akibat perubahan fisiologis dan psikologis. Di Indonesia prevalensinya mencapai 64%, dan di DIY sebesar 79,4%. Jika tidak ditangani, dapat meningkatkan risiko komplikasi seperti depresi dan kelahiran prematur. *Massage effleurage* merupakan terapi non-farmakologis yang efektif untuk relaksasi dan meningkatkan kualitas tidur.

Tujuan: Untuk mengetahui pengaruh *massage effleurage* terhadap peningkatan kualitas tidur pada ibu hamil trimester III di PMB Wati Subagya Kabupaten Sleman Yogyakarta.

Metode: Penelitian kuantitatif dengan desain pra-eksperimental one group pretest-posttest. Sampel terdiri dari 30 ibu hamil trimester III yang dipilih menggunakan teknik purposive sampling. Pengukuran kualitas tidur menggunakan Pittsburgh Sleep Quality Index (PSQI) dan analisis statistik dilakukan dengan uji Wilcoxon Signed-Rank Test.

Hasil: Mayoritas responden berusia 20–35 tahun (100%), multigravida (55,6%), serta berpendidikan terakhir SMA (74,1%). Sebelum intervensi, 81,5% responden memiliki kualitas tidur buruk, namun setelah dilakukan *massage effleurage* sebanyak empat kali dalam dua minggu, seluruh responden (100%) menunjukkan peningkatan kualitas tidur menjadi baik. Peningkatan ini terjadi di semua kategori karakteristik responden, seperti multigravida dari 2 menjadi 15 responden tidur baik, pendidikan SMA dari 4 menjadi 20, dan ibu tidak bekerja dari 4 menjadi 20. Hasil uji Wilcoxon menunjukkan nilai $p = 0,001$ ($p < 0,05$), yang menandakan bahwa *Massage effleurage* memberikan pengaruh signifikan terhadap peningkatan kualitas tidur ibu hamil trimester III.

Kesimpulan: *Massage effleurage* efektif meningkatkan kualitas tidur ibu hamil trimester III dan dapat digunakan sebagai intervensi komplementer dalam praktik kebidanan.

Kata Kunci: *Massage effleurage*, kualitas tidur, ibu hamil trimester III

¹ Mahasiswa Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

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

Aurella Ratna Duhita Diharjo¹, Dwi Yulinda²

Email: areldiharjo5428@gmail.com

ABSTRACT

Background: Sleep disturbances in pregnant women in the third trimester are common due to physiological and psychological changes. In Indonesia, the prevalence reaches 64%, and in Yogyakarta, it is 79.4%. If left untreated, it can increase the risk of complications such as depression and premature birth. *Effleurage massage* is an effective non-pharmacological therapy for relaxation and improving sleep quality.

Objective: To determine the effect of effleurage massage on sleep quality among third-trimester pregnant women at PMB Wati Subagya, Sleman, Yogyakarta.

Method: A quantitative study with a pre-experimental one-group pretest-posttest design. The sample consisted of 30 third-trimester pregnant women selected via purposive sampling. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI) and analyzed with the Wilcoxon Signed-Rank Test.

Results: The majority of respondents were aged 20–35 years (100%), multigravida (55.6%), and had a high school education (74.1%). Before the intervention, 81.5% of respondents had poor sleep quality, but after receiving effleurage massage four times in two weeks, all respondents (100%) showed an improvement in sleep quality to good. This improvement occurred across all respondent characteristic categories, such as multigravida from 2 to 15 respondents sleeping well, high school education from 4 to 20, and unemployed mothers from 4 to 20. The Wilcoxon test results showed a p value = 0.001 ($p < 0.05$), which indicates that *effleurage massage* has a significant effect on improving the sleep quality of pregnant women in the third trimester.

Conclusion: Effleurage massage significantly improves sleep quality in third-trimester pregnant women and serves as a safe and effective complementary therapy in midwifery practice.

Keywords: *Effleurage massage*, sleep quality, third-trimester pregnancy

¹ Mahasiswa Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Kebidanan Universitas Jenderal Achmad Yani Yogyakarta