

PENGARUH *PRENATAL* YOGA TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER III DI PMB APPI AMMELIA KASIHAN BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: Pada trimester ketiga kehamilan, ibu hamil sering mengalami gangguan tidur akibat dari perubahan fisik dan psikologis, seperti nyeri punggung, sering buang air kecil, kecemasan serta rasa takut menjelang proses persalinan. Tingkat gangguan tidur mencapai 66% pada trimester ketiga. Masalah tidur yang berkepanjangan dapat menurunkan kesehatan ibu dan bayi, meningkatkan risiko preeklamsia, dan berat badan lahir rendah. Salah satu upaya yang dapat dilakukan oleh ibu hamil trimester III untuk mengatasi gangguan tidur adalah dengan melakukan *prenatal* yoga. *Prenatal* yoga efektif dalam meningkatkan kualitas tidur dengan cara meredakan stres dan kecemasan, serta membantu ibu hamil merasa lebih rileks.

Tujuan: Diketuainya pengaruh *prenatal* yoga terhadap kualitas tidur ibu hamil trimester III di PMB Appi Ammelia Kasihan Bantul Yogyakarta.

Metode Penelitian: Metode penelitian ini adalah kuantitatif dengan pendekatan *pre-eksperimental* dan rancangan *One-Group Pretest-Posttest Design*. Sampel terdiri dari ibu hamil trimester III dengan jumlah 24 responden. Teknik pengambilan sampel menggunakan *total sampling*. Pengukuran kualitas tidur sebelum dan sesudah diberikan perlakuan dengan menggunakan kuesioner PSQI. Analisis data menggunakan *uji wilcoxon*.

Hasil: Kualitas tidur ibu hamil trimester III sebelum pemberian perlakuan didapatkan 3 (12,5%) responden dengan kualitas tidur baik, setelah pemberian perlakuan 4 kali terjadi peningkatan dimana sebanyak 18 (75%) responden dengan kualitas tidur baik. Hasil analisis *uji wilcoxon* didapatkan nilai *p-value* $0,001 < 0,05$ yang artinya terdapat pengaruh sebelum dan sesudah diberikan *prenatal* yoga.

Kesimpulan: Terdapat pengaruh *prenatal* yoga terhadap kualitas tidur ibu hamil trimester III di PMB Appi Ammelia Kasihan Bantul Yogyakarta.

Kata kunci: Ibu Hamil Trimester III, Kualitas Tidur, *Prenatal* Yoga

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**THE EFFECT OF PRENATAL YOGA ON SLEEP QUALITY
OF THIRD TRIMESTER PREGNANT WOMEN
AT PMB APPI AMMELIA KASIHAN
BANTUL YOGYAKARTA**

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ABSTRACT

Background: In the third trimester of pregnancy, pregnant women often experience sleep disturbances due to physical and psychological changes, such as back pain, frequent urination, anxiety and fear before the delivery process. The rate of sleep disturbance reaches 66% in the third trimester. Prolonged sleep problems can reduce the health of the mother and baby, increase the risk of preeclampsia, and low birth weight. One of the efforts that can be done by third trimester pregnant women to overcome sleep disorders is prenatal yoga. Prenatal yoga is effective in improving sleep quality by relieving stress and anxiety, and helping pregnant women feel more relaxed.

Objective: To determine the effect of prenatal yoga on sleep quality of third trimester pregnant women at PMB Appi Ammelia Kasihan Bantul Yogyakarta.

Research Methods: This research method is quantitative with a pre-experimental approach and One-Group Pretest-Posttest Design. The sample consisted of third trimester pregnant women with a total of 24 respondents. The sampling technique used Total Sampling. Measurement of sleep quality before and after treatment by using the PSQI questionnaire. Data analysis is using the Wilcoxon test.

Results: Sleep quality of third trimester pregnant women before treatment was obtained 3 (12.5%) respondents with good sleep quality, after treatment for 4 times there was an increase as many as 18 (75%) respondents with good sleep quality. The result of the Wilcoxon test analysis obtained a p-value of 0.001 <0.05 which means that there is an influence before and after being given prenatal yoga.

Conclusion: There is an effect of prenatal yoga on the quality of sleep of third trimester pregnant women at PMB Appi Ammelia Kasihan Bantul Yogyakarta.

Keywords: Third Trimester Pregnant Women, Sleep Quality, Prenatal Yoga

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