

**Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
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**Pengaruh Senam Hamil terhadap Tingkat Kualitas Tidur Ibu Hamil Trimester II dan Trimester III di Desa Jambu
xv + 131 hal + 9 tabel + 14 gambar + 11 lampiran**

ABSTRAK

Gangguan tidur sering dialami oleh ibu hamil di usia kehamilan trimester II dan III. Gangguan tidur ibu hamil yang tidak segera diatasi akan berdampak buruk bagi ibu dan janin. Ada beberapa cara untuk mengatasi gangguan tidur yaitu *back massage*, senam yoga, senam hamil dan masih banyak lagi. Tujuan dari penelitian ini adalah untuk mengetahui adakah pengaruh senam hamil terhadap tingkat kualitas tidur ibu hamil trimester II dan trimester III di Desa Jambu.

Desain penelitian ini *quasi eksperimen pre-post test* dengan jumlah sampel 17 responden menggunakan metode *non probability sampling* dengan menggunakan *total sampling*.

Alat pengambilan data yaitu SOP senam hamil dan kuesioner PSQI (*Pittsburgg Sleep Quality Index*). Analisis data menggunakan program *IBM SPSS Statistic 24*. Analisis bivariate menggunakan uji *Wilcoxon*.

Didapatkan hasil *p-value* senam hamil terhadap tingkat kualitas tidur ibu hamil trimester II dan trimester III di Desa Jambu sebesar $0,001 < 0,05 (\alpha)$.

Ada pengaruh yang signifikan senam hamil terhadap tingkat kualitas tidur ibu hamil trimester II dan trimester III di Desa Jambu. Ibu hamil dapat melaksanakan senam hamil secara mandiri sebagai salah satu cara untuk mengatasi gangguan tidur sehingga tingkat kualitas tidur menjadi baik.

Kata kunci : Kehamilan, Senam hamil, Tingkat kualitas tidur

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**The Effect of Pregnancy Exercise on Sleep Quality Levels of Second Trimester and Third Trimester Pregnant Women in the Jambu village
xv + 131 page + 9 table + 14 pictures + 11 attachment**

ABSTRAK

Sleep disturbances are often experienced for pregnant women in the second and third trimesters of pregnancy. Sleep disturbances for pregnant women that are not resolved immediately will have a negative impact on the mother and the fetus. One of the efforts to overcome sleep disorders is pregnancy exercise. The purpose of this study was to determine whether pregnancy exercise had an effect on the level of sleep quality of pregnant women in the second and third trimesters of the Jambu village.

This design of the study was a quasi-experimental pre-post test with a total sample of 17 respondents using a non-probability sampling method using total sampling.

The data collection tools were SOP for pregnancy exercise and PSQI (Pittsburgh Sleep Quality Index) questionnaire. Data analysis used IBM SPSS Statistic 24 program. Bivariate analysis was test using the Wilcoxon test.

The p-value of pregnancy exercise on the level of sleep quality of pregnant women in second and third trimesters in the work area of the Jambu village is $0.001 < 0.05 (\alpha)$.

There is a significant effect of pregnancy exercise on the level of sleep quality of pregnant women in the second and third trimesters in the Jambu village. Pregnant women can do pregnancy exercise independently as a way to deal with sleep disorders so that the quality of sleep is better than before.

Keywords : pregnancy, pregnancy exercise, level of sleep quality