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PENGARUH PRENATAL YOGA TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER III DI PUSKESMAS KESESI I KABUPATEN PEKALONGAN

ABSTRAK

Latar Belakang: Kehamilan menyebabkan perubahan pada sistem tubuh yang dapat menyebabkan ketidaknyamanan yang dapat menyebabkan gangguan kualitas tidur. Prevalensi gangguan tidur pada ibu hamil trimester III di Puskesmas Kesesi I mencapai 75,85%. Prenatal yoga dapat membantu ibu hamil untuk meningkatkan kualitas tidur. Penelitian ini bertujuan untuk mengetahui pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III di Puskesmas Kesesi I Kabupaten Pekalongan.

Metode Penelitian: penelitian *pre-experimental* dengan desain *one group pretest-posttest design*. Teknik sampling menggunakan *purposive sampling* dengan jumlah sampel sebanyak 15 ibu hamil trimester III. Instrumen pengukuran kualitas tidur menggunakan kuisioner *Pittsburgh Sleep Quality Index (PSQI)*. Intervensi yang diberikan prenatal yoga sebanyak 2 kali/minggu selama 2 minggu dengan durasi 30 menit. Hasil penelitian dianalisis dengan analisa univariat dan uji *Wilcoxon*.

Hasil: rerata kualitas tidur ibu hamil trimester III sebelum dilakukan prenatal yoga sebesar $12,53 \pm 2,134$ dan sesudah sebesar $5,00 \pm 1,000$. Terdapat pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III di Puskesmas Kesesi I (p value = 0,001)

Simpulan: hasil penelitian menunjukkan bahwa ada pengaruh prenatal yoga terhadap kualitas tidur ibu trimester III di Puskesmas Kesesi I. Diharapkan Puskesmas dapat menerapkan prenatal yoga sebagai salah satu penatalaksanaan gangguan tidur pada ibu hamil trimester III di Puskesmas Kesesi I.

Kata kunci : Ibu hamil, Kualitas tidur, Prenatal yoga

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THE EFFECT OF PRENATAL YOGA ON THE SLEEP QUALITY OF PREGNANT WOMEN IN THE THIRD TRIMESTER AT THE KESESI I HEALTH CENTER IN PEKALONGAN REGENCY

ABSTRACT

Background: Pregnancy causes changes in the body that can lead to discomfort, which can cause sleep disturbances. The prevalence of sleep disturbances among third-trimester pregnant women at Kesesi I Health Center reached 75.85%. Prenatal yoga can help pregnant women improve their sleep quality. This study aims to determine the effect of prenatal yoga on the sleep quality of third-trimester pregnant women at Kesesi I Health Center, Pekalongan District.

Method: A pre-experimental study using a one-group pretest-posttest design. The sampling technique used purposive sampling with a sample size of 15 pregnant women in the third trimester. The sleep quality measurement instrument used the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The intervention provided was prenatal yoga twice a week for two weeks, each session lasting 30 minutes. The research results were analyzed using univariate analysis and the Wilcoxon test.

Results: The mean sleep quality of pregnant women in their third trimester before prenatal yoga was 12.53 ± 2.134 and after was 5.00 ± 1.000 . There was an effect of prenatal yoga on the sleep quality of pregnant women in their third trimester at the Kesesi I Community Health Center ($p\text{-value} = 0.001$)

Conclusion: The results of this study indicate that prenatal yoga has an effect on the sleep quality of third trimester mothers at the Kesesi I Community Health Center. It is hoped that the Community Health Center can implement prenatal yoga as one of the treatments for sleep disorders in third trimester pregnant women at the Kesesi I Community Health Center.

Keywords: Pregnant women, Sleep quality, Prenatal yoga