

# Gambaran kualitas tidur ibu hamil trimester ketiga yang mengikuti latihan yoga kehamilan dan tidak mengikuti latihan yoga kehamilan = Descriptive study sleep quality of pregnant women in third trimester pregnancy who did and did not partake in prenatal yoga

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## Abstrak

Ibu hamil merupakan kelompok berisiko mengalami gangguan tidur karena ketidaknyamanan fisik dan emosional, terutama ibu hamil trimester ketiga. Penelitian ini bertujuan untuk memberikan gambaran kualitas tidur ibu hamil yang mengikuti dan tidak mengikuti latihan yoga kehamilan. Penelitian ini menggunakan desain deskriptif dengan jumlah sampel 86 responden, terdiri dari 43 ibu hamil yang mengikuti dan tidak mengikuti latihan yoga kehamilan. Instrumen yang digunakan tidur adalah The Pittsburgh Sleep Quality Index.

Hasil penelitian menunjukkan jumlah responden yang memiliki kualitas tidur baik lebih banyak terdapat pada kelompok responden yang mengikuti latihan yoga kehamilan dengan perbandingan 4:1. Berdasarkan penelitian ini, diharapkan pelayanan keperawatan dapat memperluas akses pelayanan terapi komplementer, khususnya yoga kehamilan di pelayanan kesehatan maupun komunitas.

.....Pregnant women, especially those in the third trimester of pregnancy, are in a risk group that experience sleep disturbances as a result of physical and emotional discomfort. This study was descriptive study aimed to depict the quality of sleep in pregnant women who did and did not partake in prenatal yoga. There were 86 respondents and they were divided into two equal groups of 43. The instrument used for this study was 'The Pittsburgh Sleep Quality Index'.

The result of this study showed the number of respondents who had good quality of sleep was greater on the group that participated in prenatal yoga, with a resultant comparison rate of 4:1. Based on this study, nursing institution could be expected to broaden complementary therapy service, especially prenatal yoga in both healthcare and community.