

## Hubungan kualitas tidur ibu hamil dengan kejadian persalinan prematur studi case control = Association of pregnancy sleep quality with preterm birth case control study / Nurmukaromatis Saleha

Nurmukaromatis Saleha, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20415726&lokasi=lokal>

---

### Abstrak

[<b>ABSTRAK</b><br>

Persalinan prematur merupakan masalah utama penyebab kesakitan dan kematian perinatal di seluruh dunia. Identifikasi terhadap faktor risiko sangat penting untuk mendapatkan intervensi yang efektif. Tujuan penelitian ini untuk mengetahui hubungan kualitas tidur ibu hamil dengan kejadian prematur. Kami mengkaji kualitas tidur saat ibu hamil pada 62 orang ibu yang bersalin prematur (< 37 minggu kehamilan) dan 90 orang ibu yang bersalin aterm (&#8805; 37 minggu kehamilan). Hasil penelitian adalah setelah dianalisis dengan preeklamsia sebagai faktor perancu, didapatkan kualitas tidur ibu hamil tidak berhubungan signifikan dengan kejadian prematur (p= 0,073; OR= 2,909; 95% CI= 0,907-9,333). Kesimpulan hasil studi kasus kontrol ini menunjukkan kualitas tidur ibu yang buruk mungkin merupakan faktor risiko persalinan prematur. Petugas kesehatan diharapkan dapat memberikan perhatian terhadap kualitas tidur ibu hamil serta intervensi yang strategis sebagai upaya menurunkan kejadian prematur.

<hr>

<b>ABSTRACT</b><br>

Preterm birth continues to be a main problem the cause of perinatal morbidity and mortality globally. Identification of risk factors very important to reduce premature rate occurrence. The objective of study was to determine the relationship of pregnancy sleep quality with preterm birth. We used case control study to examined the relationship between maternal sleep to 62 women who a preterm birth (< 37 weeks gestation) and 90 term controls who birth at term (&#8805; 37 weeks gestation).The results of study of found after adjusting with preeclamsia for confounders, we found that pregnancy sleep quality was not significantly associated with preterm birth (p=0,141; OR=2,909; 95% CI=0,907-9,333). The conclusions was the study suggest maternal sleep quality may be risk factors for preterm birth. The clinical should give, Preterm birth continues to be a main problem the cause of perinatal morbidity and mortality globally. Identification of risk factors very important to reduce premature rate occurrence. The objective of study was to determine the relationship of pregnancy sleep quality with preterm birth. We used case control study to examined the relationship between maternal sleep to 62 women who a preterm birth (< 37 weeks gestation) and 90 term controls who birth at term (&#8805; 37

weeks gestation). The results of study of found after adjusting with preeclampsia for confounders, we found that pregnancy sleep quality was not significantly associated with preterm birth ( $p=0,141$ ;  $OR=2,909$ ;  $95\% CI=0,907-9,333$ ). The conclusions was the study suggest maternal sleep quality may be risk factors for preterm birth. The clinical should give]