

Hubungan kecemasan dan depresi dengan kualitas tidur ibu hamil trimester tiga = The correlation between anxiety depression and sleep quality in third trimester pregnant women

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Abstrak

Ibu hamil trimester tiga seringkali mengalami gangguan tidur karena kecemasan dan depresi menjelang persalinan. Penelitian ini bertujuan untuk mengidentifikasi hubungan kecemasan dan depresi dengan kualitas tidur ibu hamil trimester tiga.

Desain penelitian menggunakan deskriptif korelatif dengan pendekatan cross sectional. Teknik sampling yang digunakan adalah consecutive sampling dengan melibatkan 110 ibu hamil trimester tiga di UPT Puskesmas Kecamatan Cimanggis dan Sukmajaya. Pengambilan data menggunakan instrumen Zung Self-Rating Anxiety Scale, The Zung Self-Rating Depression Scale, dan The Pittsburgh Sleep Quality Index.

Hasil penelitian menunjukkan adanya hubungan yang signifikan antara kecemasan dengan kualitas tidur (p value $< 0,05$) namun tidak ada hubungan yang signifikan antara depresi dengan kualitas tidur (p value $> 0,05$) pada ibu hamil trimester tiga. Peneliti merekomendasikan perawat dan tenaga kesehatan lainnya agar dapat memberikan edukasi mengenai manajemen kecemasan dan kualitas tidur ibu hamil khususnya pada periode trimester tiga.

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Third trimester pregnant women often have sleep disturbances because of the anxiety and depression before labor. The purpose of this study was to identify the correlation between anxiety and sleep quality, as well as between depression and sleep quality of third trimester pregnant women.

This study used descriptive correlation design with cross sectional approach. The sampling technique used was consecutive sampling which involved 110 third trimester pregnant women in UPT Puskesmas Kecamatan Cimanggis and Sukmajaya. To obtain the data, Zung Self-Rating Anxiety Scale, The Zung Self-Rating Depression Scale, and The Pittsburgh Sleep Quality Index instrument were used.

The result showed that there was a significant correlation between anxiety and sleep quality but there was no significant correlation between depression and sleep quality of third trimester pregnant women. It is recommended that nurses and other health providers should give an education about anxiety management and quality of sleep to pregnant women in third trimester of pregnancy.