

Hubungan Aktivitas Fisik dengan Kualitas Tidur Ibu Selama Masa Kehamilan = Relationship between Physical Activity and Sleep Quality during Pregnancy

Miracle Banda, author

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Abstrak

Ibu yang dalam masa kehamilan mengalami kualitas tidur yang tidak normal, sulit untuk tidur dan sering terbangun di malam hari membuat ibu hamil merasa tidak nyaman. Salah satu faktor yang mempengaruhi kualitas tidur adalah aktivitas fisik. Penelitian ini bertujuan untuk melihat hubungan dari aktivitas fisik dengan kualitas tidur ibu selama masa kehamilan, menggunakan kuesioner Pregnancy Physical Activity Questionnaire (PPAQ) dan Pittsburgh Sleep Quality Index (PSQI) dengan desain penelitian cross-sectional, populasi penelitian sebanyak 107 ibu hamil. Berdasarkan analisis data didapatkan aktivitas fisik paling tinggi dilakukan ibu yaitu intensitas sedang 330 MET-jam/minggu, dan kualitas tidur ibu secara umum yaitu kualitas tidur buruk sebanyak 80 ibu dengan frekuensi 74,8 %. Dari penelitian ini disimpulkan terdapat hubungan antara aktivitas fisik intensitas sedang dengan kualitas tidur ibu selama masa kehamilan dengan p value 0,047 ($p < 0,05$). Strategi diperlukan untuk meningkatkan kesadaran ibu mengenai pentingnya aktivitas fisik setiap hari serta meningkatkan kesadaran pentingnya kualitas tidur untuk kesehatan ibu dan janin selama masa kehamilan.

.....Mothers who are in pregnancy experience abnormal sleep quality, difficulty falling asleep and often wake up at night making pregnant women feel uncomfortable. One of the factors that affect sleep quality is physical activity. This study aims to see the relationship of physical activity with the quality of maternal sleep during pregnancy, using the Pregnancy Physical Activity Questionnaire (PPAQ) and the Pittsburgh Sleep Quality Index (PSQI) with a cross-sectional research design, the study population was 107 pregnant women. Based on data analysis, it was found that the highest physical activity performed by mothers was moderate intensity 330 MET-hours / week, and the general quality of maternal sleep was poor sleep quality as many as 80 mothers with a frequency of 74.8%. From this study it is concluded that there is a relationship between moderate intensity physical activity and the quality of maternal sleep during pregnancy with a p value of 0.047 ($p < 0.05$). Strategies are needed to increase maternal awareness about the importance of physical activity every day and increase awareness of the importance of sleep quality for maternal and fetal health during pregnancy.