

Fakultas Kesehatan
Skripsi Program Studi Sarjana Kebidanan
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**PENGARUH *PRENATAL* YOGA TERHADAP KUALITAS TIDUR IBU HAMIL
TRIMESTER II DAN III DI TPMB S JATIMAKMUR
PONDOK GEDE KOTA BEKASI JAWA BARAT
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Firda Laelatul Fazriyah 1052201013

ABSTRAK

Latar Belakang: Kehamilan memasuki trimester II dan III terjadi perubahan fisik dan psikologis. Kondisi tersebut menyebabkan ibu hamil mengalami keluhan yang kompleks, salah satunya gangguan ketika tidur. *prenatal* yoga bermanfaat untuk mengatasi kesulitan tidur. **Tujuan Penelitian:** Mengetahui pengaruh *Prenatal* yoga terhadap kualitas tidur ibu hamil trimester II dan III. **Metode Penelitian:** *Quasy Experiment pre and post test one group design*. Populasi dalam penelitian sebanyak 137 orang ibu hamil Trimester II dan III , Sampel dalam penelitian ini Ibu hamil Trimester II dan II dengan usia kehamilan 23-36 minggu sebanyak 58 responden. Teknik sampling *purposive sampling*. Instrumen penelitian *Pittsburg Sleep Quakity Indeks* (PSQI), analisis data menggunakan uji paired sample T-test. **Hasil Penelitian:** Sebelum di berikan prenatal yoga dari 58 Responden (100%) pada ibu hamil trimester II dan III seluruhnya memiliki kualitas tidur buruk. Sesudah diberikan *prenatal* yoga mayoritas memiliki kualitas tidur baik pada ibu hamil Trimester II sebanyak 24 responden (88.8%). Pada ibu hamil trimester III sebanyak 25 responden (80.6%). Hasil analisis Paired SampleT-test diperoleh nilai *p-value* = <0.001. **Kesimpula :** Ho diterima yang artinya ada pengaruh pemberian intervensi *prenatal* yoga dalam upaya meningkatkan kualitas tidur ibu hamil trimester II dan III
Kata Kunci: *Prenatal* Yoga, Kualitas Tidur, Kehamilan Trimester II dan III

ABSTRACT

Background: *Pregnancy entering the second and third trimesters there are physical and psychological changes. This condition causes pregnant women to experience complex complaints, one of which is interference when sleeping. Prenatal yoga is useful for overcoming sleep difficulties. Research Objective:* Knowing the effect of *Prenatal* yoga on the sleep quality of pregnant women in the second and third trimesters. **Research Method:** *Quasy Experiment pre and post test one group design. The population in the study was 137 pregnant women in the second and third trimesters, the sample in this study was 58 respondents in the second and second trimesters of pregnant women with a gestational age of 23-36 weeks. Purposive sampling technique. Pittsburg Sleep Quakity Index (PSQI) research instrument, data analysis using paired sample T-test. Research Results:* Before giving prenatal yoga from 58 respondents (100%) in pregnant women in the second and third trimesters all had poor sleep quality. After being given prenatal yoga, the majority have a Sleep quality was good in pregnant women in the second trimester as many as 24 respondents (88.8%). In the third trimester of pregnant women as many as 25 respondents (80.6%). The results of the Paired SampleT-test analysis obtained a *p-value* = <0.001. **Conclusion :** Ho is accepted which means there is an influence on the provision of prenatal yoga interventions in an effort to improve the quality of sleep of pregnant women in the second and third trimesters
Keywords: *Prenatal* Yoga, Sleep Quality, Pregnancy Trimester 2nd and 3nd