

UNIVERSITAS MOHAMMAD HUSNI THAMRIN

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Skripsi Program Studi Sarjana Kebidanan
Semester Ganjil 2023/2024

HUBUNGAN KETIDAKNYAMANAN DALAM KEHAMILAN TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER III DI TPMB D WILAYAH TEBET JAKARTA SELATAN TAHUN 2024

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ABSTRAK

Tujuan Penelitian, ialah mengetahui adanya hubungan ketidaknyamanan dalam kehamilan terhadap kualitas tidur ibu hamil trimester III di TPMB D wilayah Tebet Jakarta Selatan. Metode Penelitian Deskriptif kuantitatif dengan rancangan *cross-sectional*. Sampel 40 responden dengan teknik *total sampling*. Instrumen penelitian menggunakan kuesioner ketidaknyamanan dan *PSQI*. Analisis data menggunakan uji *Chi-square*. Hasil penelitian yaitu responden ketidaknyamanan kategori mengalami gangguan sebanyak 25 responden (62,5%). Responden kualitas tidur kategori buruk sebanyak 23 responden (57,5%). Disimpulkan terdapat hubungan antara ketidaknyamanan dalam kehamilan terhadap kualitas tidur ibu hamil trimester III di TPMB D wilayah Tebet Jakarta Selatan. **(FSM)**

Kata Kunci : Ibu hamil, ketidaknyamanan, kualitas tidur

Daftar Pustaka : 39 sumber, tahun 2014-2024

ABSTRACT

The aim of the research is to determine the relationship between discomfort during pregnancy and the quality of sleep of pregnant women in the third trimester. The research method was quantitative descriptive with a cross-sectional design. A sample of 40 respondents with a total sampling technique. The research instrument used a questionnaire on discomfort and PSQI. Data analysis used the Chi-square test. The results of the study were that respondents in the discomfort category experienced disturbances as many as 25 respondents (62.5%). Respondents in the poor sleep quality category as many as 23 respondents (57.5%). It was concluded that there was a relationship between discomfort in pregnancy and the quality of sleep of prexgnant women in the third trimester at TPMB D, Tebet, South Jakarta.