

POLITEKNIK KESEHATAN TANJUNG KARANG
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PENGARUH SENAM HAMIL TERHADAP KUALITAS TIDUR IBU HAMIL
DI DESA SRIDADI, KECAMATAN WONOSOBO, KABUPATEN
TANGGAMUS

xiii + 49 halaman, 6 tabel, 8 gambar, dan 8 lampiran.

RINGKASAN

Gangguan pola tidur pada ibu hamil sering dirasakan pada saat kehamilan, hal tersebut terjadi karena perubahan adaptasi fisiologis yang dialami oleh ibu hamil, dikarenakan bertambahnya pada usia kehamilan seperti pembesaran perut, perubahan anatomis dan perubahan hormonal. Menurut WHO secara global prevalensi insomnia yang merupakan salah satu gangguan tidur pada ibu hamil diseluruh dunia adalah sebesar 41,8%.

Tujuan penelitian ini untuk mengetahui kualitas tidur ibu hamil dengan pemberian senam hamil pada ibu hamil di Desa Sridadi Kecamatan Wonosobo Kabupaten Tanggamus.

Jenis penelitian yaitu *pre eksperimen* dengan rancangan *one group pretest-posttest design*. Populasi dalam penelitian ini adalah seluruh ibu hamil di Desa Sridadi Kecamatan Wonosobo Kabupaten Tanggamus. Sampel yang diambil berjumlah 18 orang ibu hamil. Data yang diambil berupa data primer menggunakan metode sampling *non probability* dengan teknik *accidental sampling*, di uji dengan uji statistik *paired sample t-test* kemudian di olah menggunakan komputer.

Hasil penelitian ini menunjukkan bahwa rata-rata skor kualitas tidur pada ibu hamil sebelum senam hamil didapatkan 7,22 dan sesudah senam hamil didapatkan 4,50. Ada pengaruh senam hamil terhadap kualitas tidur ibu hamil di Desa Sridadi Kecamatan Wonosobo Kabupaten Tanggamus dengan *p-value* $0,000 < 0,05$. Berdasarkan hasil penelitian ini Ibu hamil diharapkan lebih memperhatikan kondisi fisik dan psikisnya selama menjalani kehamilan salah satunya dengan menjaga dirinya dengan melakukan olahraga ringan yang dapat memperbaiki kualitas tidur.

Kata kunci : ibu hamil, kualitas tidur, senam hamil.

Daftar Bacaan : 16 (2008-2018)

HEALTH POLYTECHNIC OF TANJUNGPUR
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TO DETERMINE THE QUALITY OF SLEEP OF PREGNANT WOMEN BY
GIVING PREGNANCY EXERCISE IN SRIDADI VILLAGE, WONOSOBO
DISTRICT, TANGGAMUS REGENCY

xiii + 49 pages, 6 tables, 8 figures, and 8 appendices.

ABSTRACT

Disorders of sleep patterns in pregnant women are often felt during pregnancy, this occurs due to changes in physiological adaptation experienced by pregnant women, due to increasing gestational age such as abdominal enlargement, anatomical changes and hormonal changes. According to WHO globally, the prevalence of insomnia which is one of the sleep disorders in pregnant women worldwide is 41.8%.

The purpose of this study was to determine the sleep quality of pregnant women by giving pregnant exercise to pregnant women in Sridadi Village, Wonosobo District, Tanggamus Regency.

The type of research is pre-experimental with one group pretest-posttest design. The population in this study were all pregnant women in Sridadi Village, Wonosobo District, Tanggamus Regency. The samples taken were 18 pregnant women. Data taken in the form of primary data using non-probability sampling method with accidental sampling technique, tested with paired sample t-test statistical test and then processed using a computer.

The results of this study indicate that the average score of sleep quality in pregnant women before pregnancy exercise is 7.22 and after pregnancy exercise is 4.50. There is an effect of pregnancy exercise on the quality of sleep of pregnant women in Indonesia Sridadi Village, Wonosobo District, Tanggamus Regency with a p-value of 0.000 < 0.05. Based on the results of this study, pregnant women are expected to pay more attention to their physical and psychological conditions during pregnancy, one of which is by taking care of themselves by doing light exercise that can improve sleep quality.

Keywords : pregnant women, sleep quality, pregnancy exercise.
Reading List : 16 (2008-2018)