

Health Polytechnic Ministry of Health Bandung

Nursing Study Program (Bogor Campus) Diploma Three Program

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Application of Pregnancy Gymnastics to Sleep Quality in Third Trimester Pregnant Women with Insomnia at the Independent Practice of Midwife Aah Nurmayanti, S.Tr.Keb Cilebut Timur

i-xv + 82 pages, V Chapters, 6 Tables, 8 Figures, 9 Attachment

ABSTRACT

Pregnancy is a physiological process that almost always occurs after the meeting of sperm and ovum. There is discomfort during the third trimester of pregnancy, one of which is insomnia, management that can be done to reduce sleep disorders in pregnant women can be pursued with appropriate exercise for pregnant women, one of which is pregnancy exercises. Exercises in pregnancy gymnastics are specifically designed to nourish and fit pregnant women, reduce complaints that arise during pregnancy. The purpose of this case study is to determine the effect of the application of pregnancy exercise on the sleep quality of III trimester pregnant women who experience insomnia. The method used in this case study is the descriptive method with the case study. The number of respondents was 4 people to intervene in the third trimester of pregnancy exercises as many as 4 meetings. Pre-test and post-test using questionnaire Jakarta Biological Psychiatry Study Group – Insomnia Rating Scale (KSBPJ-IRS). In the results of this case study there was a decrease in insomnia by 3.5 points. The conclusion of the application of pregnancy exercise to the quality of sleep of pregnant women in the third trimester is quite effective to overcome insomnia complaints experienced.

Key words : *Pregnant women, Pregnancy exercise, Insomnia*
Bibliography : *20 sources (2017-2024)*

Politeknik Kesehatan Kementerian Kesehatan Bandung

Program Studi Keperawatan (Kampus Bogor) Program Diploma Tiga

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Penerapan Senam Hamil Terhadap Kualitas Tidur Pada Ibu Hamil Trimester III Dengan Insomnia Di Praktik Mandiri Bidan Aah Nurmayanti, S.Tr.Keb Cilebut Timur

i-xv + 82 halaman, V BAB, 6 Tabel , 8 Gambar, 9 Lampiran

ABSTRAK

Kehamilan merupakan suatu proses fisiologis yang hampir selalu terjadi setelah bertemunya sperma dan ovum. Terdapat ketidaknyamanan selama masa kehamilan trimester III salah satunya insomnia, penatalaksanaan yang bisa dilakukan untuk mengurangi gangguan tidur pada ibu hamil dapat diupayakan dengan olahraga yang sesuai dengan ibu hamil salah satunya yaitu senam hamil. Latihan pada senam hamil dirancang khusus untuk menyehatkan dan membugarkan ibu hamil, mengurangi keluhan yang timbul selama kehamilan. Tujuan studi kasus ini untuk mengetahui pengaruh penerapan senam hamil terhadap kualitas tidur ibu hamil trimester III yang mengalami insomnia. Metode yang digunakan dalam studi kasus ini yaitu metode deskriptif dengan studi kasus. Jumlah responden yaitu 4 orang untuk dilakukan intervensi senam hamil trimester III sebanyak 4 kali pertemuan. Pre-test dan post-test menggunakan kuisioner Kelompok Studi Psikiatri Biologi Jakarta – Insomnia Rating Scale (KSBPJ-IRS). Pada hasil studi kasus ini terjadi penurunan insomnia sebanyak 3.5 poin. Kesimpulan penerapan senam hamil terhadap kualitas tidur ibu hamil trimester III cukup efektif dilakukan untuk mengatasi keluhan insomnia yang di alami.

Kata Kunci : Ibu Hamil, Senam Hamil, Insomnia

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