

## ABSTRAK

Nama : Tindrawati  
Program Studi : Kesehatan Masyarakat  
Judul : PENGARUH PRENATAL YOGA TERHADAP KUALITAS  
TIDUR IBU HAMIL TRIMESTER III DI KLINIK TEMBUNI  
*BIRTH CENTER* JAKARTA TAHUN 2021

Kualitas tidur ibu hamil pada trimester III cenderung menurun, dikarenakan faktor perubahan fisiologis maupun psikologis. Dampak penurunan kualitas tidur dan ketidakefektifan aktivitas selama trimester III akan mempengaruhi kondisi kesehatan ibu dan bayi. Penelitian ini bertujuan untuk mengetahui pengaruh prenatal yoga terhadap kualitas tidur ibu hamil trimester III di Klinik Tembuni Birth Center. Desain dalam penelitian ini adalah pra eksperimental dengan rancangan one group pre-test post-test. Teknik sampel dalam penelitian ini menggunakan total sampling sebanyak 30 orang ibu hamil Trimester III. Hasil Penelitian dengan uji Wilcoxon diperoleh nilai P Value sebesar 0.000 ( $P < 0.05$ ) yaitu  $H_1$  diterima sehingga cukup signifikan perbedaan sebelum dan sesudah Prenatal Yoga terhadap kualitas tidur ibu hamil trimester III di Klinik Tembuni Birth Center. Saran untuk ibu hamil trimester III diharapkan dapat meningkatkan kualitas tidurnya salah satunya dengan menerapkan prenatal yoga selama kehamilan dan bagi peneliti selanjutnya diharapkan dapat mengembangkan variabel penelitian, misalnya efektifitas prenatal yoga dengan *hipnobirthing*.

Kata Kunci : Prenatal Yoga, Kualitas Tidur, Ibu hamil Trimester III  
xvii+90 halaman ; 2 gambar; 12 tabel  
Daftar Pustaka : 51 (1998-2020)

## ABSTRACT

Name : Tindrawati  
Program Study : Public Health Science  
Title : THE EFFECT OF PRENATAL YOGA ON SLEEP QUALITY  
OF PREGNANT WOMEN AT TEMBUNI BIRTH CENTER  
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The quality of sleep of pregnant women in the third trimester tends to decrease, due to physiological and psychological changes. The impact of decreased sleep quality and non-optimal activity during the third trimester will affect the health condition of the mother and baby. This study aims to determine the effect of prenatal yoga on the sleep quality of pregnant women in the third trimester at the Tembuni Birth Center Clinic. The design in this study was pre-experimental with one group pre-test post-test design. The sample technique in this study used a total sampling of 30 pregnant women in the third trimester. The results of the study using the Wilcoxon test obtained a P Value of 0.000 ( $P \text{ value} < 0.05$ ), namely  $H_1$  is accepted, so there is a significant difference before and after Prenatal Yoga on the sleep quality of third trimester pregnant women at the Tembuni Birth Center Clinic. Suggestions for third trimester pregnant women are expected to improve the quality of their sleep, one of which is by applying prenatal yoga during pregnancy and for further researchers it is expected to develop research variables, for example the effectiveness of prenatal yoga with hypnotherapy.

Keywords : Prenatal Yoga, Sleep Quality, Third Trimester Pregnant Women  
xvii+90 pages ; 2 pictures; 12 tables  
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