

ABSTRAK



SKRIPSI, September 2021

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HUBUNGAN GANGGUAN MUSKULOSKELETAL TERHADAP KUALITAS TIDUR PADA IBU HAMIL TRIMESTER II DAN III

Terdiri dari VI bab, 65 halaman, 10 tabel, 2 gambar, 7 lampiran

Tujuan : penelitian ini bertujuan untuk mengetahui hubungan gangguan muskuloskeletal terhadap kualitas tidur ibu hamil trimester II dan III. **Metode:** penelitian ini merupakan penelitian deskriptif analitik berupa studi korelasi untuk menganalisis hubungan gangguan muskuloskeletal terhadap kualitas tidur ibu hamil trimester II dan III Sampel dipilih menggunakan teknik total sampling. Sampel terdiri dari 40 ibu hamil di Praktek Mandiri Bidan Qonita Fitria. Gangguan muskuloskeletal diukur dengan menggunakan *Nordic body map* dan kualitas tidur dengan menggunakan *Pittsburgh sleep quality index*. **Hasil :** uji normalitas dengan *Kolmogorov Smirnov test* didapatkan data berdistribusi normal. Hasil uji hipotesis dengan uji *Pearson product moment*. Didapatkan p-value = $<0,001$ dengan nilai $r = 0,528$. **Kesimpulan:** adanya hubungan gangguan muskuloskeletal terhadap kualitas tidur pada ibu hamil trimester II dan III dengan kekuatan korelasi yang cukup kuat dengan arah korelasi positif dimana semakin besar gangguan muskuloskeletal maka akan semakin terganggu kualitas tidur pada ibu hamil.

Kata kunci: *Nordic Body Map, Pittsburgh Sleep Quality Index*

ABSTRACT



UNDERGRADUATE THESIS, September 2021

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RELATIONSHIP OF MUSCULOSKELETAL DISORDERS TO SLEEP QUALITY IN PREGNANT WOMEN IN TRIMESTER II AND III

Consists of VI Chapter, 65 Pages, 10 Tables, 2 Images, 7 Appendix

Purpose: This study aims to determine The relationship between musculoskeletal disorders and the sleep quality of pregnant women in the second and third trimesters. **Method:.** The research method used quantitative descriptive with correlation type of study. Samples were chosen based on total sampling technique. Sample consists of 40 pregnant women in midwife Qonita Fitria's independent practice. Musculoskeletal disorders as measured using Nordic body map and sleep quality using the Pittsburgh sleep quality index. **Result:** Normality test with Kolmogorov Smirnov test was obtained with normal. The results of hypothesis test with correlation test with Pearson product moment was obtained a significant value of $p = <0,001$ with a value $r = 0,528$. **Conclusion:** there is a strong relationship with the greater the musculoskeletal disorder the more disturbed the quality of sleep in pregnant women will be.

Keywords: Nordic Body Map, Pittsburgh Sleep Quality Index