

ABSTRAK

Perubahan hormon, fisik, dan psikologis selama kehamilan dapat mempengaruhi kualitas tidur ibu. Salah satu faktor yang menyebabkan kualitas tidur ibu hamil yaitu perubahan fisik kondisi kesehatan yaitu ketidaknyamanan fisik selama kehamilan.

Tujuan penelitian untuk mengetahui hubungan ketidaknyamanan fisik dengan kualitas tidur ibu hamil trimester III di Puskesmas Cikakak Pelabuhanratu Kabupaten Sukabumi.

Jenis penelitian menggunakan *analitik* dengan pendekatan *cross-sectional*. Populasi penelitian seluruh ibu hamil trimester III di Puskesmas Cikakak Pelabuhanratu Kabupaten Sukabumi pada bulan Juni 2023 sebanyak 63 orang, tehnik *total sampling*. Pengumpulan data menggunakan kuesioner. Analisis data menggunakan *spearman rank*.

Hasil penelitian diperoleh sebagian besar ibu hamil trimester III (63.5%) dengan ketidaknyamanan fisik berat. Hampir seluruh ibu hamil trimester III (79.4%) dengan kualitas tidur buruk. Hasil uji statistik diperoleh nilai $p\text{-value}$ $(0.036) < \alpha 0.05$ yang berarti H_a diterima maka diartikan terdapat hubungan antara ketidaknyamanan fisik dengan kualitas tidur ibu hamil trimester III Di Puskesmas Cikakak Pelabuhanratu Kabupaten Sukabumi. Berdasarkan hasil penelitian diperlukan pemberian terapi relaksasi seperti terapi kombinasi aktifitas fisik dengan aromaterapi, massage pada ibu hamil sebagai salah satu upaya agar ibu hamil memiliki kondisi kesehatan yang optimal dan prima selama kehamilan.

Kata Kunci : Ibu Hamil Trimester III, Ketidaknyamanan fisik, Kualitas Tidur
Kepustakaan : 13 buku (2017-2020)
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ABSTRACT

Hormonal, physical, and psychological changes during pregnancy can affect the quality of the mother's sleep. One of the factors that cause the quality of sleep of pregnant women is physical changes in health conditions, namely physical discomfort during pregnancy.

The purpose of the study was to determine the relationship between physical discomfort and sleep quality of third trimester pregnant women at Ciadik Pelabuhan Ratu Health Center, Sukabumi Regency.

This type of research uses analytics with a cross-sectional approach. The study population of all III trimester pregnant women at the Ciadik Pelabuhan Ratu Health Center, Sukabumi Regency in June 2023 is 63 people, total sampling techniques. Data collection using questionnaires. Data analysis using spearman rank.

The results of the study obtained mostly III trimester pregnant women (63.5%) with severe physical discomfort. Almost all pregnant women in the third trimester (79.4%) with poor sleep quality. The results of the statistical test obtained a value (-value (0.036) < α 0.05 which means H_a is accepted, it means that there is a relationship between physical discomfort and sleep quality of third trimester pregnant women at the Ciadik Pelabuhan Ratu Health Center, Sukabumi Regency. Based on the results of the study, relaxation therapy is needed such as combination therapy of physical activity with aromatherapy, massage in pregnant women as an effort so that pregnant women have optimal and prime health conditions during pregnancy.

Keywords : Third Trimester Pregnant Women, Physical discomfort, Sleep Quality

Libraries : 13 books (2017-2020)

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