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FAKULTAS ILMU KESEHATAN  
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Penatalaksanaan Senam Hamil Untuk Mengatasi Gangguan Tidur Pada Ibu Hamil Trimester III

### ABSTRAK

Wanita hamil sering mengalami gangguan tidur saat kehamilan, pada trimester III angka gangguan tidur lebih tinggi. Hal ini disebabkan karena ketidaknyamanan seperti nyeri pinggang, banyak buang air kecil dan spontan bangun dari tidur. Senam hamil merupakan suatu metode yang penting untuk meningkatkan durasi tidur ibu hamil trimester III. Asuhan ini bertujuan untuk mengatasi gangguan tidur pada ibu hamil trimester III. Metode ini dilakukan dengan cara memberikan senam hamil 2 kali dalam 1 minggu selama 1 bulan. Pemberian asuhan ini dilakukan pada bulan Mei sampai dengan Juni 2018 di BPM Bidan R. Subyek asuhannya yaitu 5 orang ibu hamil yang mempunyai masalah dalam kualitas tidurnya dan diukur dengan lembar kuesioner *Pittsburgh Sleep Quality Index (PSQI)*. Hasil asuhan menunjukkan bahwa senam hamil berpengaruh dalam peningkatan durasi tidur ibu hamil. Dengan dilakukannya asuhan tersebut diharapkan bidan dapat meningkatkan mutu pelayanan kesehatan dengan memberikan asuhan senam hamil untuk mengatasi gangguan tidur pada ibu hamil trimester III.

Kata kunci: Senam hamil, Gangguan tidur, Ibu hamil  
Referensi: 10 (2010-2018)

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Pregnant Gymnastic Management To Overcome Sleep Disorders In Pregnant Women Third Trimester

**ABSTRACT**

Pregnant women often experience sleep disturbances during pregnancy, in the third trimester the number of sleep disturbances is higher. This is due to discomfort such as low back pain, lots of urination and spontaneously waking up from sleep. Pregnant gymnastics is an important method for increasing the sleep duration of third trimester pregnant women. This care aims to overcome sleep disorders in pregnant women in the third trimester. This method is done by giving pregnancy exercise twice a week for 1 month. The provision of this care was carried out in May to June 2018 in the Midwife BPM R. The subjects of care were 5 pregnant women who had problems in their sleep quality and were measured by the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The results of care show that pregnancy exercise has an effect on increasing the sleep duration of pregnant women. By doing this care, midwives are expected to be able to improve the quality of health services by providing pregnancy exercise to overcome sleep disturbances in third trimester pregnant women.

Keywords: Pregnant gymnastics, sleep disorders, pregnant women

References: 10 (2010-2018)