

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG  
Skripsi, Maret 2015**

**ABSTRAK**

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**PENGARUH SENAM HAMIL TERHADAP PENINGKATAN KUALITAS  
TIDUR PADA IBU HAMIL TRIMESTER III DI KLINIK BIDAN HJ.UUT  
S RAHAYU**

62 hal + 9 tabel + xvii

**Latar Belakang :** Gangguan tidur paling banyak dialami oleh ibu hamil trimester III, hal ini disebabkan karena adanya perubahan fisik dan fisiologis pada ibu hamil. Perubahan tersebut menyebabkan ibu hamil mengalami gangguan tidur sehingga tidak mendapatkan kualitas tidur yang optimal. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh senam hamil terhadap peningkatan kualitas tidur pada ibu hamil trimester III.

**Metode :** Penelitian ini merupakan penelitian kuantitatif Quasy Eksperimental dengan rancangan one group pretest and posttest design without control. Jumlah sampel dalam penelitian ini adalah 17 responden. Data yang diperoleh diolah dengan menggunakan uji *Wilcoxon*.

**Hasil :** Berdasarkan hasil analisa diperoleh, karakteristik responden menurut umur 47,1% berusia 24-30 tahun, usia kehamilan 76,5% adalah usia 27-29 minggu, paritas sebanyak 64,7% adalah multigravida, pekerjaan 76,5% adalah karyawan, pendidikan sebanyak 52,9% adalah SMA, Hasil uji statistik didapatkan adanya perbedaan kualitas tidur sebelum dan sesudah diberikan intervensi senam hamil dengan *p value* 0,003 ( $< 0,05$ ).

**Kesimpulan :** Senam hamil berpengaruh untuk meningkatkan kualitas tidur pada ibu hamil trimester III di Klinik Bidan Hj. Uut S Rahayu.

**Kata Kunci :** Senam Hamil, Kualitas Tidur, Trimester III

**Daftar Pustaka :** 36 (2005 - 2013)

**UNDERGRADUATE NURSING STUDY PROGRAM  
FACULTY OF NURSING SCIENCE  
SULTAN AGUNG ISLAMIC UNIVERSITY SEMARANG  
MINI THESIS, MARET 2015**

**ABSTRACT**

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**The Influence of Exercise during Pregnancy to Improve Sleep Quality in Third Trimester Pregnant Women in Hj. Uut S Rahayu Midwife Clinic**

62 pages + 9 tables + xvii

**Background :** Sleep disturbances are sometimes experienced by women in the third trimester of pregnancy, this is due to the physical and psychological changes in a pregnant woman. The alteration make mothers who pregnant get insomnia so they didn't get quality of optimum sleep. The purpose of the research is to determine the effect of exercise during pregnancy in improving sleep quality in third trimester pregnant women.

**Method :** This study was a quasy experiment method by pre-post test study without control design. The number of samples in this study was 17 respondents. The data obtained were analyzed using *wilcoxon test*.

**Result :** Based on the analysis results obtained, the characteristics of respondents by age 47.1% were aged 24-30 years, 76,5% age of gestation is age 27-29 weeks, as many as 64,7% of parity was multigravida, 75,6% work is a employment, as many as 52,9% of education was senior high school, obtained statistical result of differences in the level of pain before and after combination therapy with *p value* of 0.003 (<0.05).

**Conclusion :** Pregnancy exercise was influence in increasing sleep quality in third trimester pregnant women.

**Keyword :** Exercise Pragnancy, Sleep Quality, Third Trimester

**Bibliographies :** 36 (2005 - 2013)