PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
Skripsi, Februari 2015

ABSTRAK

Iin Suciyati
PERBEDAAN KUALITAS TIDUR ANTARA POST PARTUM PERVAGINAM DAN POST PARTUM *SECTIO CAESAREA* PADA IBU PRIMIPARA DI RSUD KOTA SEMARANG

54 hal + 4 tabel + xv

Latar belakang: Post partum pervaginam adalah proses lahirnya janin dengan tenaga ibu sendiri berlangsung kurang dari 24 jam sedangkan *Sectio Caesarea* adalah suatu pembedahan guna melahirkan anak lewat insisi pada dinding abdomen. Ibu post partum biasanya mengalami perubahan pada pola tidurnya. Tujuan penelitian ini diketahuinya perbedaan kualitas tidur antara ibu post partum pervaginam dan ibu post partum *Sectio Caesarea* pada ibu primipara.
Metode : Penelitian ini merupakan penelitian observasional dengan menggunakan rancangan penelitian *cross sectional*. Pengumpulan data dengan menggunakan kuesioner. Jumlah responden 38dengan 19 kelompok post partum pervaginam dan 19 responden kelompok post partum *Sectio Caesarea*. Pengambilan sampel menggunakan *non probability sampling* dengan tehnik *sampling insidental*.Data dianalisis melalui *uji chi-square.*
Hasil : Sebagian besar responden berusia >35(39,5 %)dan status pendidikanSMA (34,2%). Ada perbedaankualitas tidur antara post partum pervaginam dan post partum *Sectio Caesarea* pada ibu primipara (*p value* = 0,023). Kualitas tidur ibu post partum pervaginam lebih baik dari pada ibu post partum sectio caesarae.
Simpulan: Terdapat perbedan yang signifikan kualitas tidur ibu post partum pervaginam dan post parum *Sectio Caesarea* pada ibu primipara dengan (*p value*<0,005).

Kata kunci : kualitas tidur, post partum pervaginam, post partum *Sectio Caesarea*
Daftar pustaka: 54

UNDERGRADUATE NURSING SCIENCE PROGRAM
FACULTY OF NURSING
SULTAN AGUNG ISLAMIC UNIVERSITY
Mini Thesis, Maret 2015

ABSTRACT

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THE DIFFERENCE OF SLEEP QUALITY BETWEEN POSTPARTUM VAGINAL AND POSTPARTUM *SECTIO CAESAREA* TO PRIMIPAROUS MOTHER IN RSUD KOTA SEMARANG

54 Pages + 4 Table + xv

Background : Post partum vaginal is parturition of the fetus with normal birth less than 24 hours whereas section caesarean is a surgery through an incision in the abdominal. Post partum mothers regularly changes in sleep patterns. The objective of this study is to find out the difference of sleep quality between maternal postpartum vaginal and maternal postpartum cesarean section on primiparous mothers.
Method : An observational study with cross sectional design was used in this study. The data were collected using questioner. The number of respondents was 38 by 19 for postpartum vaginal group and 19 for respondents' postpartum section caesarean group. Sampling was used non-probability sampling with incidental sampling technique. The data were analyzed by chi-square test.
Results : Most of respondents were >35years old (39,5 %) and senior high school (34.2%). There is a difference of sleep quality between postpartum vaginal and postpartum section caesarean in primiparous mothers (p value = 0.023). The quality of sleep in maternal postpartum vaginal is better than postpartum mothers caesarean section.
Conclusion : There is a significant difference of sleep quality between post-partum vaginal section and postpartum section caesarean in primiparous mothers (p value = 0.005).

Keywords: quality of sleep, post postpartum vaginal, post partum section caesarean

Bibliography: 54