

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROD D IV KEBIDANAN**

SKRIPSI, APRIL 2022

DESWITA AFRIYENI

**PENGARUH BACK MASSAGE TERHADAP KUALITAS
TIDUR IBU HAMIL TRIMESTER III DI PMB DINCE
SAFRINA KOTA PEKANBARU**

X + 47 Halaman + 4 Tabel + 14 Lampiran

ABSTRAK

Gangguan tidur merupakan salah satu ketidaknyamanan ibu hamil trimester III yang mempengaruhi kualitas tidur ibu. Berdasarkan survei awal peneliti pada bulan Januari 2022 di PMB Dince Safrina Kota Pekanbaru dari 42 orang ibu hamil trimester III ditemukan sebanyak 25 orang (60%) diantara memiliki keluhan gangguan tidur. Salah satu metode non farmakologis untuk membantu mengurangi gangguan tidur adalah dengan back massage. Tujuan penelitian untuk mengetahui Pengaruh back massage terhadap kualitas tidur ibu hamil trimester III. Jenis penelitian ini Pre Eksperimen dengan pendekatan One Group Pretest Post test Design. Populasi penelitian seorang ibu hamil trimester III yang memeriksakan kehamilannya di PMB Dince Safrina Kota Pekanbaru pada bulan Februari- Maret 2022. Sampel penelitian berjumlah 15 orang ibu hamil trimester III yang memiliki nilai Skor PSQI >5 yang diambil secara Purposive sampling. Metode pengumpulan data melalui Observasi dengan menggunakan kuesioner *Pittsburgh sleep Quality index* (PSQI). Hasil penelitian menunjukkan Rata-rata kualitas tidur ibu hamil sebelum intervensi 7,67 (Sd= 1,34) dan rata-rata kualitas tidur setelah diberikan intervensi back massage 5,73(Sd=0,69). Uji data menggunakan Uji Wilcoxon dengan taraf signifikasi 95%.. Berdasarkan uji statistik ada pengaruh dari back massage terhadap kualitas tidur ibu hamil trimester III ($p= 0.001$) . Diharapkan kepada tenaga kesehatan khususnya bidan di PMB Dince Safrina untuk dapat menerapkan back mssage sebagai salah satu terapi non farmakologi penanganan gangguan tidur pda ibu hamil trimester III.

Kata Kunci : Back Massage, Kualitas Tidur, Ibu Hamil Trimester III

Daftar Bacaan : 36 (2004-2020)

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU
D IV MIDWIFERY PROGRAM**

THESIS, APRIL 2022

DESWITA AFRIYENI

**THE EFFECTIVENESS OF BACK MASSAGE ON SLEEP QUALITY OF
PREGNANT MOTHERS TRIMESTER III AT PMB DINCE SAFRINA,
PEKANBARU CITY**

X + 47 Pages + 4 Tables + 14 Appendices

ABSTRACT

Sleep disturbances are one of the discomforts of third trimester pregnant women that affect the quality of the mother's sleep. One of the non-pharmacological methods to help reduce sleep disturbances is back massage. The purpose of the study was to determine the effectiveness of back massage on the quality of sleep of third trimester pregnant woman. This type of research is Pre Experiment with One Group Pretest Post test Design approach. The population in this study was a third trimester pregnant woman who checked her pregnancy at PMB Dince Safrina Pekanbaru City in February-March 2022. The sample in this study amounted to 15 third trimester pregnant women who had a PSQI score > 5 taken by purposive sampling. The data collection method was through observation using the Pittsburgh sleep Quality index ((PSQI) questionnaire. The results showed that the average sleep quality of pregnant women before the intervention was 7.67 (Sd = 1.34) and the average sleep quality after the back massage intervention. 5.73 (Sd = 0.69). The data used the Wilcoxon test with a significance level of 95%. Based on statistical tests there is an effect of back massage on the sleep quality of pregnant women in the third trimester ($p= 0.001$). It is expected that health workers, especially midwives at PMB Dince Safrina, can apply back messaging as a non-pharmacological therapy for treating sleep disorders in third trimester pregnant women.

Keywords: Back Massage, Sleep Quality, Third Trimester Pregnant Women

Reading List : 36 (2004-2020)