

ABSTRAK

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HUBUNGAN TAHAPAN KEHAMILAN TERHADAP KUALITAS TIDUR DI RUMAH SAKIT UMUM SILOAM TANGERANG

Latar Belakang: Penurunan kualitas tidur adalah masalah yang signifikan terjadi pada saat kehamilan karena dapat mempengaruhi fisiologi, perilaku, emosi dan mental seseorang. Kualitas tidur yang baik dibutuhkan pada saat kehamilan sebagai energi yang digunakan dalam proses persalinan dan dapat mempengaruhi kondisi kehamilan. Oleh sebab itu, penting untuk melakukan penelitian tentang pengaruh kehamilan terhadap kualitas tidur.

Tujuan: Mengetahui hubungan tahapan kehamilan terhadap kualitas tidur.

Metode Penelitian: Penelitian ini adalah studi analitik komparatif kategorik tidak berpasangan yang dilaksanakan dengan desain penelitian *cross sectional*. Sampel penelitian total berjumlah 170 orang merupakan wanita hamil yang datang ke poli kandungan RSU Siloam Tangerang. Pengambilan data menggunakan kuesioner PSQI (Pittsburgh Sleep Quality Index). Pemilihan subjek dengan *consecutive sampling*. Pengambilan data berlangsung dari bulan Januari 2020 sampai Maret 2020. Hasil data yang terkumpul akan diolah menggunakan uji statistik *Chi Square & Kruskal Wallis* dengan *IBM Statistical Product and Service Solution* (SPSS) 23.

Hasil: Dilakukan analisis terhadap 170 responden wanita hamil, yaitu 32 kehamilan trimester 1, 55 kehamilan trimester kedua dan 83 kehamilan trimester ketiga. Sebanyak 18.8% responden mempunyai kualitas tidur yang baik dan 81.2% responden mempunyai kualitas tidur yang buruk. Ditemukan hubungan signifikan antara tahapan kehamilan terhadap kualitas tidur ($p <0.01$). Kualitas tidur terbaik terdapat di trimester kedua, lalu trimester pertama, dan terburuk pada trimester ketiga (mean rank = 59.08, 61.20, 112.37). Tidak terdapat pengaruh status kehamilan nullipara atau multipara terhadap kualitas tidur.

Kesimpulan: Terdapat hubungan tahapan kehamilan terhadap kualitas tidur di Rumah Sakit Umum Siloam Tangerang. Kualitas tidur ibu hamil pada trimester ketiga memiliki kualitas tidur terburuk dibandingkan trimester lainnya. Penurunan kualitas tidur pada kehamilan mungkin disebabkan oleh perubahan secara anatomic, fisiologis, hormonal dan psikologis, dan membutuhkan penelitian lebih lanjut.

Kata kunci: kualitas tidur, kehamilan

ABSTRACT

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ASSOCIATION BETWEEN STAGE OF PREGNANCY AND QUALITY OF SLEEP IN RUMAH SAKIT UMUM SILOAM TANGERANG

Background: Decreasing sleep quality is a significant problem that occurs during pregnancy because it affects a person's physiology, behavior, emotions and mental. Good sleep quality is needed during pregnancy as energy that is used in labor and can affect the condition of pregnancy. Due to the magnitude of the problem, it is important to conduct a study on the relationship of pregnancy to sleep quality.

Objective: To examine the relationship between the stages of pregnancy and the quality of sleep.

Methods: This research is an unpaired categorical comparative analytic study and conducted with a cross sectional study design. The total sample of the study were 170 pregnant women who came to Obstetricians at Siloam Hospital Tangerang Hospital. Retrieval of data using the PSQI (Pittsburgh Sleep Quality Index) questionnaire. The subject sampling selection will use consecutive sampling. The data will be collected from January 2020 until March 2020. The data will be collected and be processed using Chi Square & Kruskal Wallis statistical test and with IBM Statistical Product and Service Solution (SPSS) 23.

Results : Analysis of 170 pregnant women respondents, there were 32 women in first trimester pregnancies, 55 women in second trimester pregnancies and 83 women in third trimester pregnancies. A total of 18.8% of respondents had good sleep quality and 81.2% of respondents had poor sleep quality. There was a significant relationship between the stages of pregnancy and the quality of sleep ($p < 0.01$). The best sleep quality in the second trimester, first trimester, and worst in the third trimester (ranking = 59.08, 61.20, 112.37). There was no effect of nullipara or multiparous pregnancy status on sleep quality.

Conclusion: There is a significant relationship between the stages of pregnancy and the quality of sleep at Rumah Sakit Umum Siloam Tangerang. Sleep quality of pregnant women in the third trimester has the worst sleep quality compared to other trimesters. Decreased sleep quality in pregnancy may be caused by changes in anatomical, physiological, hormonal and psychological, and requires further research.

Keyword: quality of sleep, pregnancy