

**Program Studi S1 Keperawatan  
STIKes MERCUBAKTIJAYA PADANG**

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**Hubungan Aktivitas Fisik dan Tingkat Kecemasan Dengan Kualitas Tidur Pada Ibu Hamil Trimester III di Wilayah Kerja Puskesmas Andalas Kota Padang**

**X + 72 Halaman + 3 Skema + 8 Tabel + 10 Lampiran**

### **ABSTRAK**

Menurut *World Health Organization* (WHO) secara global prevalensi gangguan tidur pada ibu hamil di seluruh dunia yaitu sebesar 41,8%, prevalensi gangguan tidur pada ibu hamil di Asia diperkirakan yaitu sebesar 48,2%, Afrika 57,1%, dan Eropa 25,1%. Sekitar 75% wanita hamil mengalami gangguan tidur pada saat memasuki trimester III. Berdasarkan Kemenkes RI tahun 2018, jumlah ibu hamil di Indonesia yang mengalami gangguan tidur mencapai 64%. Tujuan penelitian untuk mengetahui hubungan aktivitas fisik dan tingkat kecemasan dengan kualitas tidur pada ibu hamil trimester III. Jenis penelitian *Survei Analitik* dengan desain *cross sectional*. Pengumpulan data telah dilaksanakan di wilayah kerja Puskesmas Andalas Kota Padang dan waktu penelitian dilakukan bulan Desember 2022 sampai Agustus 2023, sampel 62 responden pengambilan data dengan teknik *proporsional sampling*. Pengumpulan data menggunakan kuesioner, data diolah menggunakan uji *Chi-square*. Hasil penelitian menunjukkan lebih dari separoh responden (58,1%) memiliki aktivitas fisik sedang, (62,9%) memiliki tingkat kecemasan sedang dan (71%) memiliki kualitas tidur baik. Uji *Chi-square* menunjukkan ada hubungan aktivitas fisik dan tingkat kecemasan dengan kualitas tidur pada ibu hamil trimester III di Wilayah Kerja Puskesmas Andalas Kota Padang. Diharapkan penelitian ini menjadi informasi tambahan bagi tenaga kesehatan dalam meningkatkan pengetahuan terkait kualitas tidur pada ibu hamil trimester III.

**Kata Kunci : Aktivitas Fisik, Tingkat Kecemasan, Kualitas Tidur**

**Daftar Pustaka : 32 (2010-2022)**

**S1 Nursing Study Program  
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**Scription, August 2023**

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**The Relationship of Physical Activity and Anxiety Level with Sleep Quality  
in Third Trimester Pregnant Women in the Work Area of Andalas  
KotaPadang Health Center**

**x + 72 pages + 3 schematics + 8 tables + 10 appendices**

**ABSTRACT**

*According to the World Health Organization (WHO) globally the prevalence of sleep disorders in pregnant women worldwide is 41.8%, the prevalence of sleep disorders in pregnant women in Asia is estimated at 48.2%, Africa 57.1%, and Europe 25.1%. About 75% of pregnant women experience sleep disturbances when entering the third trimester. Based on the Indonesian Ministry of Health in 2018, the number of pregnant women in Indonesia who experience sleep disorders reached 64%. The purpose of the study was to determine the relationship between physical activity and anxiety levels with sleep quality in III trimester pregnant women. Type of Analytical Survey research with cross sectional design. Data collection has been carried out in the working area of the Andalas Health Center in Padang City and when the study was conducted from December 2022 to August 2023, a sample of 62 respondents was collected using proportional sampling techniques. Data collection using questionnaires, data is processed using the Chi-square test. The results showed that more than half of the respondents (58.1%) had moderate physical activity, (62.9%) had moderate anxiety levels and (71%) had good sleep quality. The Chi-square test showed a relationship between physical activity and sleep quality in III trimester pregnant women ( $p$  value 0,000). There is a relationship between anxiety levels and sleep quality in III trimester pregnant women ( $p$  vlue 0,025). It is hoped that this study will be additional information for health workers in increasing knowledge related to sleep quality in III trimester pregnant women.*

**Keywords: physical activity, anxiety level, sleep quality**

**Bibliography : 32 (2010-2022)**