

ABSTRACT

SLEEP QUALITY IN THIRD TRIMESTER PRIMIGRAVIDA ON THE GIVING OF PREGNANCY EXERCISE

Analytical Descriptive Study in Sitti Aisyah Mother and Child Hospital Surabaya

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The changes of physiologic and psychologic were experienced at pregnant women during pregnancy. All of pregnant women in third trimester have poor sleep quality and it can harm the mother and fetus. Sleep Quality can be increase with doing regular exercise. One of the recommended exercise for pregnant women is pregnancy exercise.

Analytical descriptive study with non probability sampling (purposive sampling) was used in this study. Samples consisted of 8 respondents who matched with the inclusion criteria. All of respondents in this study followed pregnancy exercise regularly once a week for 4 weeks at RSIA. Sitti Aisyah Surabaya. Data were collected by using PSQI (*Pittsburgh Sleep Quality Index*) and physiological signs of sleep deprivation observation sheet. Datas then analyzed using *Wilcoxon Signed Rank Test* with significance $\alpha \leq 0,05$.

The result of PSQI score analysis showed no increase sleep quality on the giving of pregnancy exercise ($p = 0,157$) although the PSQI scores was decrease. On the other hand, observation score analysis showed increase sleep quality on the giving of pregnancy exercise ($p = 0,007$).

It can be concluded that sleep quality is not only influenced by pregnancy exercise. The other factors that may increase sleep quality such as walking, daily activity, nutrition, and psychological factor. Further study about sleep quality may add another instrument that can measure quality of sleep holistically.

Keywords: *exercise, sleep quality, pregnancy*