

PENGARUH KOMBINASI PRENATAL YOGA DAN GUIDED IMAGERY TERHADAP KUALITAS TIDUR IBU HAMIL TRIMESTER III DI PRAKTIK MANDIRI BIDAN "T"

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026	Gangguan kualitas tidur merupakan keluhan yang umum dialami ibu hamil trimester III akibat perubahan fisiologis dan psikologis pada masa kehamilan. Prenatal yoga dan guided imagery merupakan terapi komplementer nonfarmakologis yang berpotensi memperbaiki kualitas tidur. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi prenatal yoga dan guided imagery terhadap kualitas tidur ibu hamil trimester III dibandingkan dengan pemberian prenatal yoga saja. Desain penelitian ini adalah kuasi-eksperimen dengan pretest-posttest control group design yang dilaksanakan di Praktik Mandiri Bidan "T" wilayah kerja Puskesmas Curup Timur pada bulan Mei–Juni 2025. Sampel berjumlah 40 ibu hamil trimester III yang dipilih menggunakan teknik purposive sampling, terbagi menjadi kelompok intervensi (20 responden, diberikan kombinasi prenatal yoga dan guided imagery) dan kelompok kontrol (20 responden, diberikan prenatal yoga saja). Kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index (PSQI), dan data dianalisis menggunakan uji Wilcoxon dan uji Mann-Whitney. Hasil penelitian menunjukkan rata-rata skor kualitas tidur kelompok intervensi menurun dari $7,50 \pm 1,20$ (pretest) menjadi $4,56 \pm 1,10$ (posttest), dengan selisih rata-rata 2,94 ($p=0,000$). Pada kelompok kontrol, skor menurun dari $8,56 \pm 1,38$ menjadi $6,17 \pm 0,92$, dengan selisih rata-rata 2,29 ($p=0,000$). Hasil uji Mann-Whitney menunjukkan perbedaan bermakna antara kedua kelompok setelah perlakuan ($p=0,000$), yang membuktikan bahwa kombinasi prenatal yoga dan guided imagery memberikan perbaikan kualitas tidur yang lebih besar dibandingkan pemberian prenatal yoga saja. Kombinasi prenatal yoga dan guided imagery terbukti lebih efektif dalam meningkatkan kualitas tidur ibu hamil trimester III dibandingkan prenatal yoga tunggal, sehingga direkomendasikan sebagai upaya nonfarmakologis bagi tenaga kesehatan dalam meningkatkan kualitas tidur ibu hamil trimester III.
Keywords: Prenatal Yoga Guided Imagery Sleep Quality Third-Trimester Pregnant	ABSTRACT <i>Sleep quality disturbance is a common complaint among third-trimester pregnant women due to physiological and psychological changes during pregnancy. Prenatal yoga and guided imagery are non-pharmacological complementary therapies with the potential to improve sleep quality. This study aimed to determine the effect of a combination of prenatal yoga and guided imagery on the sleep quality of third-trimester pregnant women compared to prenatal yoga alone. This study used a quasi-experimental pretest-posttest control group design, conducted at the Independent Midwife Practice "T" within the working area of Curup Timur Public Health Center from May to June 2025. The sample consisted of 40</i>

third-trimester pregnant women selected using purposive sampling, divided into an intervention group (20 respondents, given a combination of prenatal yoga and guided imagery) and a control group (20 respondents, given prenatal yoga only). Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI), and data were analyzed using the Wilcoxon and Mann-Whitney tests. The results showed that the mean sleep quality score of the intervention group decreased from 7.50 ± 1.20 (pretest) to 4.56 ± 1.10 (posttest), with a mean difference of 2.94 ($p=0.000$). In the control group, the score decreased from 8.56 ± 1.38 to 6.17 ± 0.92 , with a mean difference of 2.29 ($p=0.000$). The Mann-Whitney test showed a significant difference between the two groups after the intervention ($p=0.000$), indicating that the combination of prenatal yoga and guided imagery produced a greater improvement in sleep quality than prenatal yoga alone. The combination of prenatal yoga and guided imagery was proven more effective in improving the sleep quality of third-trimester pregnant women than prenatal yoga alone, and is recommended as a non-pharmacological intervention for health workers to improve sleep quality in third-trimester pregnant women.

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