

The Effect of Loving Pregnancy Massage on Sleep Quality of Trimester III Pregnant Mother

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ABSTRACT

Background: Third trimester of pregnancy was the peak of discomfort that was often experienced by pregnant women due to physical changes and psychological changes, which cause the mother's sleep was not quality. Treatment of sleep disorders can be overcome by pharmacological and non-pharmacological ways. Loving pregnancy massage provides a relaxing effect that can help solve discomfort problems, especially those related to sleep disorders..

Methods: This study used a pre-experimental method with one group pretest-posttest design. The population of this study were pregnant women in their third trimester in Purbaratu Health Center, Tasikmalaya City. A sample of 31 people was taken by purposive sampling. The dependent variable was the sleep quality of the third trimester of pregnant women and the independent variable is loving pregnancy massage. The research instrument used The Pittsburgh Sleep Quality Index (PSQI) questionnaire with Wilcoxon test data analysis.

Results: The results showed that the sleep quality of pregnant women before doing massage was in the moderate sleep disorder category (64.5%) and after the massage there was a decrease in the quality of sleep into a good category (54.8%). The Wilcoxon test results obtained a significance value of 0.000.

Conclusion: there was a relationship between loving pregnancy massage and the sleep quality of third trimester pregnant women.

Keyword : Loving Pregnancy Massage; Sleep Quality; Pregnant Mother

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Background. During pregnancy, the mother experiences various complaints that cause discomfort due to physical changes as well as psychological changes. The physical changes that were often experienced during pregnancy include back pain, leg cramps, shortness of breath, frequent urination and psychological responses experienced by pregnant women in the form of depression, stress, anxiety and sleep disorders such as insomnia or difficulty starting to sleep. Menurut *National Sleep Foundation* (2017) According to the National Sleep Foundation (2017) 78% of women in America complain of sleep disturbances during pregnancy compared to when they are not pregnant.

About 80% of mothers experience sleep disturbances during pregnancy due to physiological changes so that pregnant women find it difficult to start sleeping and find it difficult to get a comfortable position while sleeping, hot or hot, low back pain and muscle tension (Wahyuni, 2012). In the third trimester, stress and anxiety in pregnant women will increase, this happens because the condition of the pregnancy was getting bigger and the

psychological condition of the third trimester was more complex. This condition often causes problems such as uncomfortable sleeping position and fatigue, and the closer the delivery time will make the mother's stress level higher. Feelings of anxiety arise because the mother is worried about the labor process, labor pains and the condition of the baby who will be born later. Research conducted by Kathryn (2014) at the maternity home. In a prospective observational study of 131 third trimester pregnant women stated that pregnant women who slept less than 6 hours at night had a prolonged labor risk with 4.5 times more likely to have cesarean delivery and underweight babies. Pregnant women with disrupted sleep duration have prolonged straining and are at risk for cesarean delivery.

Sleep disorders experienced by pregnant women can be overcome in various ways, including by using pharmacological and non-pharmacological techniques. The pharmacological method is given to sufferers who experience sleep disorders, namely by giving sedative-hypnotic drugs that give a quick effect but if given in the long term it can cause

dangerous effects on the health of pregnant women because it can pose a risk of impaired fetal growth and development. One of the non-pharmacological methods recommended for pregnant women in overcoming sleep disorders during pregnancy is pregnancy massage, acupuncture, relaxation, chiropractic therapy (Field et al, 2010).

The results of a preliminary study conducted by researchers by interviewing 10 trimester III pregnant women on November 14-16 2018 at Purbaratu Puskesmas, Tasikmalaya City 8 Pregnant women experience sleep disturbances due to restlessness and sleeping late at night, often wake up at night and have trouble starting to sleep (insomnia) . The average length of sleep for pregnant women is 7-8 hours and wakes up 3-4 times in one night which causes sleeplessness until morning. And 2 people said it was difficult to start sleeping because of fetal movements and the mother felt anxious before delivery.

The aim of this research was to know the effect of loving pregnancy massage on sleep quality of third trimester pregnant mother

Methods. This research method used a pre-experimental method with the design of One Group Pretest-Posttest Design. The research was conducted in the Purbaratu Puskesmas, Tasikmalaya City in January-February 2019. The population in this study were pregnant women in the third trimester in the Purbaratu Health Center, Tasikmalaya City, with a sample who were taken by purposive sampling. The measurement of sleep quality used the Pittsburgh Sleep Quality Index (PSQI) questionnaire and as long as the mother met the inclusion and exclusion criteria, the mother was massaged. The relationship between variables was tested by the Wilcoxon test

Result and Discussion.

Table 1. Frequency distribution of sleep quality for third trimester pregnant women before loving pregnancy massage

Kategori	F	%
Good sleep disturbance	0	0
Mild sleep disturbance	10	32,3
Moderate sleep disturbance	20	64,5
Severe sleep disturbance	1	3,2
Total	31	100

Table 2. Frequency Distribution of Sleep Quality for Third Trimester of Pregnant Women After Loving Pregnancy Massage

Kategori	F	%
Good sleep disturbance	17	54,8
Mild sleep disturbance	7	22,6
Moderate sleep disturbance	7	22,6
Severe sleep disturbance	0	0
Total	31	100

The results of wilcoxon test show correlation between the two variables is -4,463 with a significance of 0,000. From these results it can be seen that the significance value obtained is 0.000 smaller than the α value (0.05), so H_0 is rejected, which means that there is an effect of loving pregnancy massage on the sleep quality of pregnant women in the third trimester.

The results of this study are in line with study of Resmaniasih (2017), the quality of sleep in third trimester pregnant women between groups of pregnant women who were given massage and those who were not given massage, obtained a significance value of 0.049 which is smaller than the α value (0.05), which means that there is a significant difference between the differences. the average sleep quality of third trimester pregnant women who were given massage and those who were not given massage. Pregnant massage can be done as a way to relieve discomfort and make pregnant women relax and sleep well. Action massage for pregnant women is given 4 times in 2 consecutive weeks. Another study conducted by Atika (2013) that giving massage for a long time can provide a deeper relaxing effect, maximize the process of stretching muscles and increase tissue elasticity. Loving massage in pregnancy is effective toward sleep patterns in pregnant women Primigravida (Prananingrum & Hidayah, 2018).

Pregnant women experience changes physically, some of this physical can result stress and discomfort. Massage for pregnancy is one way suitable for reducing stress and improve the well-being of mother and baby. Benefits and benefits of pregnant massage including: increasing relaxation, improves sleep patterns, helps reduce edema, support health uterus, relieves tension, stress reduce pain and anxiety, improve changes in posture

in pregnancy, create a harmonious relationship between mothers and babies, relieves back, shoulder and neck pain in pregnant women and conditions muscles in general in pregnancy, help stabilizes hormonal changes and stress blood, encourages deeper breathing, increase internal respiration, reduce nausea, stimulates peristaltic activity, relieves muscle tension, restores posture balance, normalize wide range of motion, accelerate circulation veins and lymph, carrying nutrients to network and eliminate products toxins from the body, reduce swelling, relieves varicose veins, normalizes pressure blood, elevates the mood of the day or mood, encourages loving maternal care, prepare physically, emotionally and mentally mother to face the puerperium. Massage can help calm and relaxes frequent pregnant women experiencing anxiety, so that the mother is pregnant can experience better quality sleep. Pregnant women who are relaxed will feel more happy, healthy and give birth smoothly (Sutarmi et al. 2014; Prananingrum & Hidayah, 2018)

Conclusion and Suggestions. Based on the results of research and discussion, it is concluded that there is a relationship between loving pregnancy massage and the sleep quality of third trimester pregnant women. With an overview of the quality of sleep of third trimester pregnant women before loving pregnancy massage, most of them were in the moderate sleep disorder category, which was 64.5% and after loving pregnancy massage, most of them were in the good category, namely 54.8%.

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