

## ABSTRAK

### PENGARUH RENDAM KAKI AIR HANGAT TERHADAP INSOMNIA PADA IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS WARUNGPRI KABUPATEN PEMALANG

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**Latar Belakang:** Insomnia merupakan gangguan tidur yang dialami ibu hamil dan akan meningkat pada ibu hamil trimester III. Insomnia yang sering terjadi pada ibu hamil tidak boleh dibiarkan karena dapat berdampak pada ibu dan janinnya. Hidroterapi rendam kaki air hangat merupakan terapi relaksasi yang dapat digunakan untuk mengatasi insomnia. Penelitian ini bertujuan untuk mengetahui pengaruh rendam kaki air hangat terhadap insomnia pada ibu hamil trimester III.

**Metodologi:** Penelitian ini menggunakan quasy eksperimental *pretest and posttest with control group design*. Sampel sebanyak 36 responden yang dibagi menjadi 2 kelompok, yaitu 18 responden kelompok intervensi dan 18 responden kelompok kontrol. Instrumen yang digunakan dalam penelitian ini adalah *Insomnia Severity Index* versi Indonesia (ISI-INA). Responden diberikan perlakuan selama 5 hari berturut-turut 1 jam sebelum tidur. Perbedaan skor *pretest* dan *posttest* insomnia pada kelompok intervensi serta perbedaan skor *pretest* dan *posttest* insomnia pada kelompok kontrol diuji dengan *paired sample t-test*, sedangkan perbedaan skor *pretest* insomnia serta perbedaan skor *posttest* insomnia antara kelompok intervensi dan kelompok kontrol diuji dengan *independen sample t-test*.

**Hasil Penelitian:** Hasil dalam penelitian ini rata-rata usia ibu yaitu 28,08. Usia kehamilan yaitu 31,58. Nadi *pretest* yaitu 85,00. Nadi *posttest* yaitu 80,42. Respirasi rate *pretest* yaitu 20,06 dan respirasi rate *posttest* yaitu 17,78. Mayoritas responden mengalami ketidaknyamanan fisik. Terdapat perbedaan skor *pretest* dan *posttest* insomnia pada kelompok intervensi  $p=0,001$  serta tidak ada perbedaan skor *pretest* dan *posttest* insomnia pada kelompok kontrol  $p=0,163$ . Tidak terdapat perbedaan skor *pretest* insomnia antara kelompok intervensi dan kelompok kontrol  $p=0,964$  serta terdapat perbedaan skor *posttest* insomnia antara kelompok intervensi dan kelompok kontrol  $p=0,000$ .

**Kesimpulan:** Terdapat pengaruh rendam kaki air hangat terhadap insomnia pada ibu hamil trimester III.

**Kata Kunci:** rendam kaki air hangat, insomnia, kehamilan

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## ABSTRACT

### THE EFFECT OF SOAKING FEET IN WARM WATER ON INSOMNIA IN PREGNANT WOMEN IN THE THIRD TRIMESTER IN THE WORKING AREA OF THE WARUNGPRING PUBLIC HEALTH CENTER PEMALANG REGENCY

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**Background:** Insomnia is a sleep disorder experienced by pregnant women and will increase in the third trimester of pregnancy. Insomnia that occurs in pregnant women isn't good because it can affect both mother and fetus. Feet hydrotherapy in warm water is a relaxation therapy that can be used to treat insomnia. This study aims to determine the effect of feet hydrotherapy in warm water on insomnia in third trimester of pregnant women.

**Methods:** This study used a quasi experimental pretest and posttest with control group design. The sample consisted of 36 respondents who were divided into 2 groups, they were 18 respondents in the intervention group and 18 respondents in the control group. The instrument used in this study was the Indonesian version of the insomnia severity index (ISI-INA). Respondents were given treatment for 5 consecutive days, 1 hour before bedtime. The differences in pretest and posttest insomnia score in the intervention group and in the control group were tested with a paired sample t-test, while the difference in pretest and posttest insomnia scores between the intervention group and the control group were tested by independent sample t-test.

**Results:** The results in this study is the mean age of the mothers was 28,08 years. Gestational age was 31,58 weeks. The pretest pulse rate was 85,00 beats per minute. The posttest pulse rate was 80,42 beats per minute. The pretest respiration rate was 20,06 times per minute and the posttest respiration rate was 17,78 times per minute. The majority of respondents experienced physical discomfort. There were differences in pretest and posttest insomnia scores in the intervention group ( $p= 0,001$ ) and there was no difference in pretest and posttest scores in the control group ( $p=0,163$ ). There was no difference in insomnia pretest scores between the intervention group and the control group ( $p=0,964$ ) and there was a difference in posttest scores between the intervention group and the control group ( $p=0,000$ ).

**Conclusion:** There is an effect of feet hydrotherapy in warm water on insomnia in the third trimester of pregnant women.

**Keywords:** warm water foot soak hydrotherapy, insomnia, pregnancy

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