

THE BENEFITS OF PREGNANCY MASSAGE TO IMPROVE SLEEP QUALITY OF THIRD TRIMESTER PREGNANT WOMEN

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SUMMARY

Background: Pregnant woman is a woman who conceives starting from conception (meeting egg and sperm cells) until the birth of the fetus / baby. During the process of pregnancy a mother will experience various physiological changes due to fetal growth and development. Physiological changes that occur often cause discomfort in each trimester of pregnancy. In the third trimester of weight gain, the mother's enlarged abdomen, and fetal movement cause sleep disturbances in some pregnant women. The impact of sleep disturbances and poor sleep quality can pose risks to the fetus, pregnancy and birth, and can cause postpartum blues. Massage is a therapy designed to release endorphins which are natural pain relievers. In addition, massage relieves muscle tension and pain, improves mobility, and improves blood circulation. Massage is done to help cope with physical, emotional, and psychological changes. Pregnancy massage is a massage performed on pregnant women to improve the mother's blood circulation and relieve discomfort that is often suffered by the mother. **Method:** Using a pocket book external description entitled "Benefits of Pregnancy Massage to Improve Sleep Quality of Third Trimester Pregnant Women" created using the Canva application. **Results:** A pocket book entitled "Benefits of Pregnancy Massage to Improve Sleep Quality of Third Trimester Pregnant Women". **Conclusion:** The creation of this pocketbook media provides a source of knowledge to pregnant women and positive, interesting, and interactive impressions, and can be a source of useful information for pregnant women in improving sleep quality. **Suggestion:** Third trimester pregnant women can take advantage of pregnancy massage to improve sleep quality in increasing knowledge and dealing with sleep quality problems experienced.

Keywords: pregnancy massage, pregnant women, trimester III