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***THE EFFECT OF PREGNANT GYM ON SLEEP QUALITY
PREGNANT MOTHER TRIMESTER III IN THE
AREA PUSKESMAS NOGOSARI***

ABSTRACT

Background : Prenagnancy is the most awaited for all married woman. During pregnancy almost all women in fullfill their sleep needs are not optimal. When entering the third trimester more and more complaints are felt by the mother so that it interferes with rest and sleep. Sleep rest needs if not fullfilled will affect the health of the fetus. Efforts to overcome thiss can be done by taking pregnancy exercises . ***Purpose :*** Knowing determine the differences in the quality of sleep before and after pregnancy exercise in third trimester pregnant women in the Nogosari Health Center area.. ***Method :***The type of research is quantitative, with the design of the One Group Pre Test-Post Test Design. Sampling using Purposive Sampling technique, by setting the number of samples as many as 22 respondents. The research intrument used the Pittsburg Sleep Quality Index (PSQI) sleep quality questionnaire. Analysis with the Wilcoxon Test. ***Result :*** The results showed a significant value of $p_{value} < 0.05$ or $p(0.001) < 0.05$.. ***Conclusion :*** There are differences in the quality of sleep before and after pregnancy exercise in third trimester pregnant women in the Nogosari Health Center area.

Keywords: Pregnant mother trimester III, sleep qualiy, pregnant gym.