

**HUBUNGAN KETIDAKNYAMANAN PADA KEHAMILAN DENGAN  
KUALITAS TIDUR IBU HAMIL TRIMESTER III DI UPTD  
PUSKESMAS CIBALONG TAHUN 2026**

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**ABSTRAK**

Kehamilan menyebabkan berbagai perubahan fisik dan fisiologis yang dapat menimbulkan ketidaknyamanan pada ibu hamil, terutama pada trimester III, seperti nyeri punggung, sering buang air kecil, sesak napas, dan kesulitan menemukan posisi tidur yang nyaman sehingga dapat memengaruhi kualitas tidur ibu hamil. Berdasarkan studi pendahuluan di UPTD Puskesmas Cibalong, beberapa ibu hamil trimester III mengeluhkan sering terbangun pada malam hari, sulit tidur nyenyak, dan merasa mudah lelah pada siang hari akibat ketidaknyamanan yang dialami selama kehamilan.

Penelitian ini bertujuan untuk mengetahui hubungan ketidaknyamanan pada kehamilan dengan kualitas tidur ibu hamil trimester III di UPTD Puskesmas Cibalong Tahun 2026 .

Penelitian ini menggunakan penelitian kuantitatif dengan desain *analitik korelational* pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *Purposive Sampling* sehingga jumlah sampel sebanyak 41 responden.

Hasil penelitian menunjukkan bahwa sebagian besar ibu hamil trimester III di UPTD Puskesmas Cibalong Tahun 2026 mengalami ketidaknyamanan kehamilan dalam kategori ringan (43,9%) dan memiliki kualitas tidur buruk (63,4%). Hasil uji Chi-Square menunjukkan terdapat hubungan signifikan antara ketidaknyamanan pada kehamilan dengan kualitas tidur ibu hamil trimester III di UPTD Puskesmas Cibalong Tahun 2026 ( $p\text{-value} = 0,002 < 0,05$ ).

Saran bagi pelayanan kesehatan diharapkan dapat meningkatkan edukasi mengenai cara mengatasi ketidaknyamanan selama kehamilan dan pentingnya menjaga kualitas tidur pada ibu hamil trimester III. Ibu hamil juga diharapkan lebih memperhatikan pola istirahat, menjaga kenyamanan selama kehamilan, serta berkonsultasi dengan tenaga kesehatan apabila mengalami gangguan tidur atau ketidaknyamanan yang berlebihan.

**Kata Kunci: Ibu Hamil Trimester III, Ketidaknyamanan Kehamilan, Kualitas Tidur.**

**THE RELATIONSHIP BETWEEN PREGNANCY DISCOMFORT AND  
SLEEP QUALITY AMONG THIRD TRIMESTER PREGNANT  
WOMEN AT UPTD CIBALONG PUBLIC HEALTH  
CENTER IN 2026**

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**ABSTRACT**

*Pregnancy causes various physical and physiological changes that can lead to discomfort in pregnant women, especially during the third trimester, such as back pain, frequent urination, shortness of breath, and difficulty finding a comfortable sleeping position, which may affect sleep quality. Based on a preliminary study conducted at UPTD Cibalong Public Health Center, several third trimester pregnant women complained of frequently waking up at night, difficulty sleeping soundly, and feeling easily fatigued during the day due to discomfort experienced during pregnancy.*

*This study aimed to determine the relationship between pregnancy discomfort and sleep quality among third trimester pregnant women at UPTD Cibalong Public Health Center in 2026.*

*This study used a quantitative research method with an analytical correlational design and a cross-sectional approach. The sampling technique used was purposive sampling, resulting in a total sample of 41 respondents.*

*The results showed that most third trimester pregnant women at UPTD Cibalong Public Health Center in 2026 experienced mild pregnancy discomfort (43.9%) and had poor sleep quality (63.4%). The Chi-Square test results showed a significant relationship between pregnancy discomfort and sleep quality among third trimester pregnant women at UPTD Cibalong Public Health Center in 2026 ( $p\text{-value} = 0.002 < 0.05$ ).*

*It is recommended that health services improve education regarding ways to overcome discomfort during pregnancy and the importance of maintaining good sleep quality among third trimester pregnant women. Pregnant women are also expected to pay more attention to their rest patterns, maintain comfort during pregnancy, and consult health workers if they experience sleep disturbances or excessive discomfort.*

**Keywords: Pregnancy Discomfort, Sleep Quality, Third Trimester Pregnant Women.**