

ABSTRAK

Latar belakang Gangguan tidur merupakan salah satu masalah kesehatan yang sering dialami ibu hamil, terutama pada trimester III. Kondisi ini ditandai dengan sulit tidur, sering terbangun di malam hari, dan kualitas tidur yang menurun sehingga berdampak pada kesehatan ibu maupun janin, termasuk peningkatan risiko hipertensi, diabetes gestasional, depresi, serta gangguan pertumbuhan janin. Intervensi non-farmakologis sederhana seperti rendam kaki menggunakan air hangat diketahui dapat memberikan efek relaksasi, melancarkan sirkulasi darah, dan menurunkan ketegangan otot. Namun, efektivitasnya masih bervariasi sehingga diperlukan bahan tambahan yang dapat memperkuat efek tersebut. Daun sirih (*Piper betle*) merupakan tanaman tradisional yang mengandung flavonoid, tanin, dan minyak atsiri yang bersifat antiseptik sekaligus menenangkan. Penelitian ini **bertujuan** untuk mengetahui pengaruh rendam kaki menggunakan air hangat dicampur daun sirih terhadap kualitas tidur ibu hamil trimester III di UPTD Puskesmas Ciawi Kabupaten Tasikmalaya. **Desain penelitian** menggunakan kuasi eksperimen dengan pendekatan pre-test post-test. Sampel sebanyak 30 responden dipilih dengan teknik purposive sampling, dan kualitas tidur diukur menggunakan Pittsburgh Sleep Quality Index (PSQI). **Hasil** analisis dengan uji paired t-test menunjukkan adanya perbedaan signifikan skor kualitas tidur sebelum dan sesudah intervensi ($p < 0,05$). Kesimpulan penelitian ini adalah rendam kaki air hangat dicampur daun sirih efektif meningkatkan kualitas tidur ibu hamil trimester III, sehingga dapat dijadikan alternatif terapi komplementer yang sederhana, murah, dan aman.

Kata kunci: daun sirih, ibu hamil, kualitas tidur, rendam kaki, trimester III

ABSTRACT

*Sleep disturbance is one of the most common health problems experienced by pregnant women, particularly in the third trimester. This condition is characterized by difficulty initiating sleep, frequent awakenings during the night, and poor sleep quality, which may negatively affect both maternal and fetal health. Consequences include increased risk of hypertension, gestational diabetes, depression, anxiety, and impaired fetal growth. Non-pharmacological interventions such as warm foot baths have been widely used to promote relaxation, improve blood circulation, and reduce muscle tension, thereby supporting better sleep. However, the effectiveness of warm water alone has been inconsistent, suggesting the need for additional natural agents to enhance its benefits. Betel leaves (*Piper betle*) contain bioactive compounds such as flavonoids, tannins, and essential oils, which possess antiseptic, antibacterial, and calming properties. This study aimed to determine the effect of warm foot baths combined with betel leaves on sleep quality among third-trimester pregnant women at UPTD Puskesmas Ciawi, Tasikmalaya. A quasi-experimental design with a pre-test post-test approach was applied to 30 respondents selected through purposive sampling. Sleep quality was measured using the Pittsburgh Sleep Quality Index (PSQI). Data analysis with paired t-test revealed significant differences in sleep quality scores before and after intervention ($p < 0.05$). The findings indicate that warm foot baths with betel leaves are effective, simple, safe, and affordable complementary therapy to improve sleep quality in pregnant women.*

Keywords: *betel leaves, foot bath, pregnant women, sleep quality, third trimester*