

ABSTRAK

Saputri, Kurnia Indah. 2025. *Efektivitas Prenatal Massage Dengan Aromaterapi Chamomile Terhadap Gangguan Pola Tidur Ibu Hamil Trimester III*. Program Studi Diploma III Kebidanan Fakultas Ilmu Kesehatan Universitas Amikom Purwokerto. Pembimbing (1) Misrina Retnowati, S.SiT., M.Kes. Pembimbing (2) Lina Puspitasari, SST., MPH.

Latar belakang : Kehamilan merupakan proses fisiologis yang berlangsung selama 40 minggu dan terbagi dalam tiga trimester. Trimester ketiga kehamilan sering kali disertai dengan berbagai ketidaknyamanan fisik, termasuk gangguan tidur. Gangguan pola tidur pada ibu hamil trimester III dapat menurunkan kualitas hidup, meningkatkan risiko depresi, stres, serta berdampak negatif pada kondisi janin seperti bayi berat lahir rendah dan kelahiran prematur. Intervensi nonfarmakologis seperti pijat prenatal (*prenatal massage*) dan aromaterapi *chamomile* menjadi pilihan yang aman dan efektif untuk mengatasi gangguan pola tidur. **Tujuan :** *Prenatal massage* dapat membantu menurunkan hormon stres, meredakan nyeri otot, dan meningkatkan kualitas tidur, sementara aromaterapi *chamomile* bekerja melalui sistem saraf dengan efek relaksasi yang mendalam karena kandungan *flavonoid*, terutama *apigenin*, yang berperan sebagai agen penenang alami. **Hasil penelitian :** menunjukkan efektivitas kombinasi terapi *prenatal massage* dengan aromaterapi *chamomile* dalam memperbaiki gangguan pola tidur ibu hamil trimester III.

Kata kunci: *prenatal massage*, aromaterapi *chamomile*, gangguan pola tidur, ibu hamil, trimester III

ABSTRACT

Saputri, Kurnia Indah. 2025. The Effectiveness of Prenatal Massage with Chamomile Aromatherapy on Sleep Pattern Disturbances in Third Trimester Pregnant Women. Diploma III Program in Midwifery, Faculty of Health Sciences, Amikom University Purwokerto. Advisor (1): Misrina Retnowati, S.SiT., M.Kes. Advisor (2): Lina Puspitasari, SST., MPH.

Background: *Pregnancy is a physiological process that lasts for approximately 40 weeks and is divided into three trimesters. The third trimester is often accompanied by various physical discomforts, including sleep disturbances. Sleep pattern disturbances in third trimester pregnant women can lead to a decreased quality of life, increased risk of depression and stress, and adverse effects on fetal health, such as low birth weight and preterm birth. Non-pharmacological interventions, such as prenatal massage and chamomile aromatherapy, are considered safe and effective options to address these sleep disturbances.*
Objective: *Prenatal massage can help reduce stress hormones, alleviate muscle pain, and improve sleep quality. Meanwhile, chamomile aromatherapy works through the nervous system, producing a deep relaxation effect due to its flavonoid content, particularly apigenin, which acts as a natural sedative.*
Research Results: *The study demonstrated the effectiveness of combining prenatal massage and chamomile aromatherapy in improving sleep pattern disturbances among third trimester pregnant women.*

Keywords: *prenatal massage, chamomile aromatherapy, sleep pattern disturbance, pregnant women, third trimester*