APPLICATION Of PRENATAL EXERCISE ON SLEEP QUALITY OF THIRD-TRIMESTER PREGNANT WOMEN IN PURWODADI VILLAGE

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ABSTRACT

Background: *Third-trimester pregnancy is often accompanied by sleep quality disturbances due to physical and psychological changes, such as frequent urination, back pain, shortness of breath, and anxiety approaching labor. In Purwodadi Village, Magetan Regency, the rate of sleep disorders among pregnant women remains quite high and has not been optimally addressed. One natural way to overcome this is through prenatal exercise (senam hamil), a light physical activity that helps the body relax.* ***Objective:*** *To determine the changes in sleep quality of third-trimester pregnant women before and after prenatal exercise.* ***Method:*** *A case study on two third-trimester pregnant women experiencing sleep disturbances, measured using the Pittsburgh Sleep Quality Index (PSQI) questionnaire before and after four sessions of prenatal exercise over two weeks.* ***Results:*** *The study results showed that both respondents experienced a decrease in PSQI scores, indicating an improvement in sleep quality, although some aspects were still not fully optimal.* ***Conclusion:*** *Prenatal exercise can help improve the sleep quality of third-trimester pregnant women, making it a safe and easily self-practiced non-pharmacological treatment option.*

Keywords: *prenatal exercise, sleep quality, third-trimester pregnant women*