

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS  
KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**  
*Evidence Based Practice, 06 Agustus 2026*

**Tiara Puspita**

**“Asuhan Kebidanan Berkesinambungan Pada Ny. A Dengan Pemberian  
Aromaterapi Lavender Untuk Meningkatkan Kualitas Tidur Pada Ibu Hamil  
Trimester III di Klinik Taman Sari 2”**

**xiv + 112 Halaman + 2 Tabel + 1 Gambar + 7 Lampiran**

**ABSTRAK**

Gangguan kualitas tidur pada ibu hamil trimester III sering terjadi akibat perubahan fisiologis dan ketidaknyamanan selama kehamilan. Kualitas tidur yang buruk dapat menyebabkan kelelahan, meningkatkan hormon stres, kecemasan, serta berdampak pada kesehatan ibu dan janin. Salah satu terapi komplementer yang aman dan telah terbukti efektif untuk meningkatkan kualitas tidur ibu hamil adalah pemberian aromaterapi lavender. Kandungan linalool dan linalyl asetat pada lavender memberikan efek relaksasi yang membantu ibu lebih mudah tidur dan meningkatkan kualitas tidur. Tujuan studi berbasis bukti ini adalah mengevaluasi efektivitas pemberian aromaterapi lavender terhadap peningkatan kualitas tidur ibu hamil trimester III. Karya ilmiah ini menerapkan asuhan kebidanan berkesinambungan (*Continuity of Care*) mulai dari kehamilan, persalinan, bayi baru lahir, masa nifas, hingga pelayanan keluarga berencana dengan fokus pada *Evidence Based Practice Midwifery* berupa pemberian aromaterapi lavender. Asuhan dilaksanakan di Klinik Taman Sari 2 pada bulan Maret–April 2026. Efektivitas intervensi dievaluasi menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI) sebelum dan sesudah pemberian aromaterapi lavender melalui diffuser selama 3 menit sebelum tidur selama 7 hari berturut-turut. Hasil asuhan pada Ny. A usia 30 tahun, G3P2A0H2 menunjukkan adanya peningkatan kualitas tidur, ditandai dengan penurunan skor PSQI dari 10 (kualitas tidur buruk) menjadi 4 (kualitas tidur baik), waktu tidur bertambah dari 6 jam menjadi 7,5 jam, serta ibu merasa lebih rileks dan mudah memulai tidur. Dengan demikian, pemberian aromaterapi lavender terbukti efektif sebagai terapi nonfarmakologis untuk meningkatkan kualitas tidur ibu hamil trimester III. Tenaga kesehatan diharapkan dapat menerapkan aromaterapi lavender sebagai terapi komplementer dalam pelayanan antenatal.

Kata Kunci : Asuhan Kebidanan Berkesinambungan, Aromaterapi Lavender, Kualitas  
Tidur, Ibu Hamil Trimester III.

Daftar Bacaan : (2021-2025)

**MIDWIFERY PROFESSIONAL EDUCATION STUDY PROGRAM  
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PEKANBARU**

*Evidence Based Practice, 06 August 2026*

**Tiara Puspita**

***“Continuity of Midwifery Care for Mrs. A with Lavender Aromatherapy to Improve Sleep Quality in Third-Trimester Pregnant Women at Taman Sari Clinic”***

***xiv + 112 Pages + 2 Tables + 1 Figure + 7 Appendices***

**ABSTRACT**

Sleep quality disturbances are common among women in the third trimester of pregnancy due to physiological changes and discomfort during pregnancy. Poor sleep quality can cause fatigue, increase stress hormones and anxiety, and affect maternal and fetal health. One safe complementary therapy that has been proven effective in improving sleep quality among pregnant women is lavender aromatherapy. The linalool and linalyl acetate compounds in lavender provide a relaxing effect that helps pregnant women fall asleep more easily and improves sleep quality. The aim of this evidence-based study was to evaluate the effectiveness of lavender aromatherapy in improving sleep quality among pregnant women in the third trimester. This scientific paper applied continuous midwifery care (*Continuity of Care*) from pregnancy, childbirth, newborn care, the postpartum period, to family planning services, with a focus on *Evidence-Based Midwifery Practice* through the use of lavender aromatherapy. The care was provided at Taman Sari 2 Clinic from March to April 2026. The effectiveness of the intervention was evaluated using the *Pittsburgh Sleep Quality Index* (PSQI) questionnaire before and after lavender aromatherapy was administered using a diffuser for 30 minutes before bedtime for seven consecutive days. The results of care provided to Mrs. A, aged 30 years, G3P2A0H2, showed an improvement in sleep quality, indicated by a decrease in the PSQI score from 10 (poor sleep quality) to 4 (good sleep quality), an increase in sleep duration from 6 hours to 7.5 hours, and the mother reported feeling more relaxed and able to fall asleep more easily. Therefore, lavender aromatherapy was shown to be effective as a non-pharmacological therapy for improving sleep quality among pregnant women in the third trimester. Healthcare providers are expected to apply lavender aromatherapy as a complementary therapy in antenatal care.

**Keywords** : Continuity of Care, Lavender Aromatherapy, Sleep Quality, Third Trimester Pregnant Women.

**References** : (2021-2025)