

**PROGRAM STUDI SARJANA KEBIDANAN DAN PENDIDIKAN
PROFESI BIDAN FAKULTAS KEBIDANAN INSTITUT KESEHATAN
PAYUNG NEGERI PEKANBARU**

Evidence Based Practice Agustus 2026

Anggi Meisyara

**Asuhan Kebidanan Berkesinambungan Pada Ny.S Dengan Penerapan
Metode Terapi Musik Klasik Mozart Untuk Meningkatkan Kualitas Tidur
Ibu Hamil Trimester III Di TPMB Islah Wahyuni Pekanbaru Tahun 2026
xii + 132 Halaman + 7 Tabel + 1 Gambar + 1 Lampiran**

ABSTRAK

Gangguan kualitas tidur merupakan masalah yang sering dialami ibu hamil dan cenderung meningkat pada trimester III. Meta-analisis menunjukkan prevalensi gangguan kualitas tidur sebesar 39,7% pada trimester III. Gangguan tidur selama kehamilan juga berhubungan dengan peningkatan risiko preeklamsia (OR 2,80), hipertensi gestasional (OR 1,74), persalinan prematur (OR 1,38), dan stillbirth (OR 1,25) (Lu et al., 2021). Gangguan kualitas tidur dapat dipengaruhi oleh ketidaknyamanan fisik dan kecemasan menjelang persalinan. Tujuan tugas akhir ini adalah melaksanakan asuhan kebidanan berkesinambungan dengan penerapan terapi musik klasik Mozart untuk meningkatkan kualitas tidur ibu hamil trimester III. Metode yang digunakan adalah studi kasus dengan pendekatan *Continuity of Care* seperti kehamilan, persalinan, bayi baru lahir, nifas, dan keluarga berencana. Terapi musik klasik Mozart diberikan selama tujuh hari, 30 menit sebelum tidur dengan durasi 30 menit dalam suasana tenang dan posisi nyaman. Hasil menunjukkan peningkatan kualitas tidur, ditandai waktu tertidur berkurang dari 65 menjadi 15 menit, lama tidur meningkat dari 4 jam 50 menit menjadi 7 jam 15 menit, frekuensi terbangun berkurang dari 4 menjadi 1 kali, dan kondisi bangun dari tidak segar menjadi segar.

Kata Kunci: asuhan kebidanan berkesinambungan, ibu hamil trimester III, kualitas tidur, terapi musik klasik Mozart, PSQI.

Daftar Bacaan : 18 (2020-2026)

**BACHELOR OF MIDWIFERY STUDY PROGRAM AND MIDWIFERY
PROFESSION EDUCATION PROGRAM, FACULTY OF MIDWIFERY,
PAYUNG NEGERI INSTITUTE OF HEALTH, PEKANBARU**

Evidence Based Practice , August 2026

Anggi Meisyara

***Continuous Midwifery Care for Mrs. S with the Application of Mozart Classical
Music Therapy to Improve Sleep Quality in a Third-Trimester Pregnant Woman
at Islah Wahyuni Independent Midwife Practice, Pekanbaru, 2026***

xiii + 132 Pages + 7 Tables + 1 Figure + 1 Appendices

ABSTRACT

Poor sleep quality is a common problem experienced by pregnant women and tends to increase during the third trimester. A meta-analysis showed that the prevalence of poor sleep quality was 39.7% among women in the third trimester. Sleep disturbances during pregnancy are also associated with an increased risk of preeclampsia (OR 2.80), gestational hypertension (OR 1.74), preterm birth (OR 1.38), and stillbirth (OR 1.25) (Lu et al., 2021). Poor sleep quality may be influenced by physical discomfort and anxiety before childbirth. The aim of this final project was to provide continuous midwifery care with the application of Mozart classical music therapy to improve sleep quality in a third-trimester pregnant woman. The method used was a case study with a Continuity of Care approach, such as pregnancy, childbirth, newborn care, postpartum care, and family planning. Mozart classical music therapy was provided for seven days, 30 minutes before bedtime, with a duration of 30 minutes in a quiet environment and a comfortable position. The results showed an improvement in sleep quality, indicated by a reduction in sleep onset time from 65 to 15 minutes, an increase in sleep duration from 4 hours 50 minutes to 7 hours 15 minutes, a reduction in nighttime awakenings from 4 to 1 time, and an improvement in the condition upon waking from unrefreshed to refreshed.

Keywords: continuity of midwifery care, third trimester pregnancy, sleep quality, Mozart classical music therapy, PSQI

References: 18 (2020–2026)