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**Asuhan Kebidanan Berkesinambungan Pada Ny. N G1P0A0H0 Dengan
Penerapan Pemberian Aromaterapi Chamomile Untuk Meningkatkan Kualitas
Tidur Ibu Hamil Trimester Iii Di Pmb Rosita**

Xiv +124 Halaman + 4 Tabel+ 3 Gambar + 6 Lampiran

ABSTRAK

Kehamilan trimester III merupakan fase akhir kehamilan yang sering disertai perubahan fisiologis dan psikologis, salah satunya gangguan kualitas tidur. Kondisi ini dapat menyebabkan ibu merasa lelah, tidak nyaman, serta meningkatkan kecemasan menjelang persalinan. Salah satu intervensi nonfarmakologis yang dapat diterapkan untuk membantu meningkatkan kualitas tidur adalah aromaterapi chamomile yang memiliki efek relaksasi dan menenangkan. Karya Ilmiah Akhir Bidan ini bertujuan melaksanakan asuhan kebidanan berkesinambungan (*Continuity of Midwifery Care*) pada Ny. N G1P0A0H0 sejak kehamilan trimester III, persalinan, bayi baru lahir, nifas, hingga keluarga berencana dengan penerapan *Evidence-Based Midwifery Practice* berupa aromaterapi chamomile. Intervensi dilakukan di PMB Rosita menggunakan diffuser berisi 7–8 tetes minyak esensial chamomile selama 15–30 menit sebelum tidur selama empat hari. Kualitas tidur dievaluasi menggunakan *Pittsburgh Sleep Quality Index* (PSQI) sebelum dan sesudah intervensi. Hasil menunjukkan seluruh rangkaian asuhan berlangsung normal tanpa komplikasi. Skor PSQI Ny. N menurun dari 20 menjadi 9 setelah intervensi, disertai keluhan yang berkurang, seperti lebih mudah memulai tidur, frekuensi terbangun malam menurun, dan tidur terasa lebih nyenyak. Persalinan berlangsung spontan, bayi lahir sehat, masa nifas normal, dan ibu memilih Metode Amenore Laktasi (MAL). Aromaterapi chamomile berpotensi menjadi intervensi nonfarmakologis untuk meningkatkan kualitas tidur ibu hamil trimester III

Kata kunci : Asuhan Kebidanan Berkesinambungan, Aromaterapi Chamomile, Kualitas Tidur, Kehamilan Trimester III, *Evidence-Based Midwifery Practice*

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**Continuity Of Midwifery Care For Mrs. N G1p0a0h0 With The Application Of
Chamomile Aromatherapy To Improve Sleep Quality In The Third Trimester Of
Pregnancy At Pmb Rosita**

Xiv+ 124 Pages + 4 Tables + 3 Figures + 6 Attachments

ABSTRACT

The third trimester of pregnancy is the final stage of gestation and is often accompanied by physiological and psychological changes, one of which is poor sleep quality. Sleep disturbances may cause fatigue, discomfort, and increased anxiety before childbirth. One non-pharmacological intervention that may help improve sleep quality is chamomile aromatherapy due to its relaxing and calming effects. This Final Midwifery Scientific Project aimed to provide Continuity of Midwifery Care for Mrs. N (G1P0A0H0) from the third trimester of pregnancy through childbirth, newborn care, postpartum care, and family planning by implementing an Evidence-Based Midwifery Practice in the form of chamomile aromatherapy. The intervention was conducted at Rosita Independent Midwifery Practice (PMB Rosita) using a diffuser with 7–8 drops of chamomile essential oil for 15–30 minutes before bedtime for four consecutive days. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) before and after the intervention. The results showed that all stages of continuity of care were completed with ut complications. Mrs. N's PSQI score decreased from 20 to 9 after the intervention, accompanied by easier sleep initiation, fewer nighttime awakenings, and more restful sleep. The delivery was spontaneous and physiological, the newborn was healthy, the postpartum period was uneventful, and the mother chose the Lactational Amenorrhea Method (LAM) for contraception. Chamomile aromatherapy may serve as an effective non-pharmacological intervention to improve sleep quality in third-trimester pregnant women.

Keywords: Continuity of Midwifery Care, Chamomile Aromatherapy, Sleep Quality, Third Trimester of Pregnancy, Evidence-Based Midwifery Practice

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