

**EFEKTIVITAS MEDIA AUDIO TERAPI MURROTAL TERHADAP  
PENINGKATAN KUALITAS TIDUR PADA IBU HAMIL MULTIGRAVIDA  
TRIMESTER III DI PMB UTAMI PUJIASTUTI TAHUN 2022**

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**ABSTRAK**

**Latar belakang:** Ibu hamil trimester III dapat mengalami keluhan yang diakibatkan oleh pembesaran perut, perubahan anatomis dan perubahan hormonal. Salah satu masalah yang dihadapi ibu hamil trimester III adalah penurunan kualitas tidur. Dampak gangguan pola tidur jika terjadi secara berkepanjangan selama kehamilan maka dapat membahayakan ibu dan janin. salah satu terapi non medis untuk mengatasi gangguan tidur adalah dengan terapi murrotal Al-Qur'an. **Tujuan :** mengetahui efektivitas media audio terapi murrotal terhadap peningkatan kualitas tidur pada ibu hamil *multigravida* trimester III. **Metode penelitian:** Penelitian ini menggunakan *quasi eksperimen pretest-posttest without control group design* dan sampel sebanyak 30 ibu hamil *multigravida* trimester III. Instrumen kualitas tidur menggunakan kuesioner *PSQI*. *Analisis* data dilakukan dengan analisis uji Wilcoxon. **Hasil:** Kualitas tidur sebelum diberikan terapi murotal didapatkan 26 ibu hamil (86,7%) dengan kualitas tidur buruk dan setelah diberikan terapi murotal terdapat 25 (83,33%) ibu hamil yang mengalami peningkatan kualitas tidur dengan kategori baik dan ada perbedaan kualitas tidur sebelum dan sesudah dilakukan terapi murrotal melalui media audio pada ibu hamil multigravida trimester III. **Simpulan:** Pemberian terapi murottal Al-Quran efektif untuk meningkatkan kualitas tidur pada multigravida trimester III ( $p = 0,000$ ).

Kata Kunci : Murrotal, Kualitas Tidur, Ibu hamil

**THE EFFECTIVENESS OF MURROTAL THERAPY AUDIO MEDIA ON IMPROVING  
THE QUALITY OF SLEEP IN TRIMESTER III MULTIGRAVIDAL WOMEN AT PMB  
UTAMI PUJIASTUTI 2022**

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**ABSTRACT**

*Background: Third trimester pregnant women may experience complaints caused by enlarged abdomen, anatomical changes and hormonal changes. One of the problems faced by third trimester pregnant women is a decrease in sleep quality. The impact of sleep pattern disturbances if they occur prolonged during pregnancy can harm the mother and fetus. One of the non-medical therapies to treat sleep disorders is Al-Qur'an murrotal therapy. Objective: To determine the effectiveness of murrotal audio therapy media on improving sleep quality in third trimester multigravida pregnant women. Research method: This study used a quasi-experimental pretest-posttest without control group design and a sample of 30 third trimester multigravida pregnant women. The sleep quality instrument uses the PSQI questionnaire. Data analysis was performed by Wilcoxon test analysis. Results: Sleep quality before being given murotal therapy found 26 pregnant women (86.7%) with poor sleep quality and after being given murotal therapy there were 25 (83.33%) pregnant women who experienced an increase in sleep quality in the good category and there were differences in sleep quality before and after murrotal therapy through audio media in third trimester multigravida pregnant women. Conclusion: Al-Quran murottal therapy is effective in improving sleep quality in third trimester multigravidas (pv = 0.000).*

**Keyword** : Murrotal, sleep quality, pregnant women