

ABSTRACT

YOPHYTTA EXERCISE IMPROVEMENT EFFORTS IN INSOMNIA, FATIGUE AND BLOOD PRESSURE OF PREGNANT WOMEN BASED ON THE ROY'S THEORY

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Introduction: Pregnancy is associated with many psychological and physiological changes. Such changes caused a variety of complaints in pregnant women. Sleep disturbance and fatigue are the most common complaints reported by pregnant women. The other risks that might be experienced by pregnant women is an increase in blood pressure, especially during the third trimester. The purpose of this study is to determine if yophytta exercise could improve insomnia, fatigue and blood pressure problems in pregnant women based on Roy's theory.

Methods: This was pre-experimental study used one group pre-posttest design. Nine pregnant women participated in a yophytta exercise programme for a month, and given a pretest and posttest (fill out a questionnaire KSPBJ-IRS for CFQ for insomnia and fatigue, as well as the measurement of cortisol levels and blood pressure).

Result and Analysis: The results showed that significant value is 0.008 for insomnia and fatigue, 0.019 for cortisol levels, 0.006 and 0,004 for systole and diastole blood pressure. Which means there is a significant difference between insomnia, fatigue, and blood pressure before and after intervention.

Discuss and Conclusion: Yophytta exercise is one way for pregnant women to perform adaptation response as a coping mechanism to overcome the problems experienced during pregnancy, especially in the third trimester as insomnia and fatigue; and avoiding the occurrence of gestational hypertension or preeclampsia eclampsia. The outcome of this study showed that insomnia, fatigue and blood pressure in pregnant women can be reduced with yophytta exercises.

Keywords: Yophytta, Exercise, Insomnia, Cortisol, Fatigue, Blood Pressure, Pregnancy