

**THE PROVISION OF CLASSICAL GAMELAN MUSIC
THERAPY FOR PREGNANT WOMEN IN TRIMESTER
3 AGAINST SLEEP PATTERN DISORDERS
AT WAGIR HEALTH CENTER**

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Background: Disturbed sleep patterns in pregnant women are one of the complaints that are often experienced, especially in the second and third trimesters. Sleep pattern disorders are usually characterized by insomnia, frequent waking up at night, breathing disorders during sleep (sleep-disorder breathing), to restless leg syndrome. Sleep disorders can be overcome in many ways, namely with non-pharmacological techniques of classical gamelan music therapy. Listening to music can relax pregnant women because it can eliminate stress so as to improve the well-being of the mother and fetus. Objective: Scientific work to carry out nursing care on Mrs. H with disturbed sleep patterns in trimester 3 at Wagir Health Center. Methods: Single case study of research samples of pregnant women trimester 3 aged 27 years with sleep pattern disorders on 09-28 September 2024 at Wagir Health Center. Data collection methods carried out are by interview, observation, physical examination and presented through the study nursing care documentation. Results: After the intervention of providing classical gamelan music therapy for 3 days with a duration of 10-15 minutes for 2 sessions in the morning and night before bed, there was a significant improvement in sleep quality with the criteria for the results of complaints of difficulty falling asleep decreasing, complaints of frequent wakefulness decreased, complaints of dissatisfied sleep remained, complaints of insufficient rest decreased. Conclusion: The problem of sleep pattern disorder is partially resolved with the results of nursing care in accordance with the specified outcome criteria.

Key Word: Classical Gamelan Music Therapy, Sleep Pattern Disorder, Pregnancy