

DAFTAR PUSTAKA

- Adinma, J., Adinma, E., Umeononihu, O., Oguaka, V., Adinma-Obiajulu, N., & Oyedum, S. (2018). Prevalence, Perception and Risk Factors for Musculoskeletal Discomfort among Pregnant Women in Southeast Nigeria. *Journal of Musculoskeletal Disorders and Treatment*, 4(4). <https://doi.org/10.23937/2572-3243.1510063>
- American Pregnancy Association. (2020). *Roles of Vitamin B in Pregnancy*. American Pregnancy Association.
- Dalton, L. M., Ní Fhloinn, D. M., Gaydardzhieva, G. T., Mazurkiewicz, O. M., Leeson, H., & Wright, C. P. (2016). Magnesium in pregnancy. *Nutrition Reviews*, 74(9), 549–557. <https://doi.org/10.1093/nutrit/nuw018>
- De Araujo, C. A. L., De Lorena, S. B., De Sousa Cavalcanti, G. C., De Souza Leão, G. L., Tenorio, G. P., & Alves, J. G. B. (2020). Oral magnesium supplementation for leg cramps in pregnancy-An observational controlled trial. *PLoS ONE*, 15(1), 6–13. <https://doi.org/10.1371/journal.pone.0227497>
- Enggar, E., & Gintoe, H. L. (2014). Pengaruh Yoga Kehamilan Terhadap Pengurangan Keluhan Fisik Ibu Hamil Trimester III. *Voice of Midwifery*, 9(1), 796–805. <https://doi.org/10.35906/vom.v9i1.91>
- Faik, W., Mahfooth, A., Lafta, R. O., & Khuoo, A. N. (2020). A Study of Vitamin D Level in Pregnancy and the Effect of its Deficiency on Pregnancy Outcome. *Journal of Women's Health Care*, 9(6), 1–6. <https://doi.org/10.35248/2167-0420.20.9.500>. Copyright
- Fatimah, & Nuryaningsih. (2017). Buku Ajaran Asuhan Kebidanan Kehamilan. In *Journal of Chemical Information and Modeling* (Vol. 53). Jakarta.
- Hall, H., Lauche, R., Adams, J., Steel, A., Broom, A., & Sibbritt, D. (2015). Healthcare utilisation of pregnant women who experience sciatica, leg cramps and/or varicose veins: A cross-sectional survey of 1835 pregnant women. *Women and Birth*, 29(1), 35–40. <https://doi.org/10.1016/j.wombi.2015.07.184>
- Hall, H., Lauche, R., Adams, J., Steel, A., Broom, A., & Sibbritt, D. (2016). Healthcare utilisation of pregnant women who experience sciatica, leg cramps and/or varicose veins: A cross-sectional survey of 1835 pregnant women. *Women and Birth*, 29, 35–40.
- Jouanne, M., Oddoux, S., Noël, A., & Voisin-Chiret, A. S. (2021). Nutrient requirements during pregnancy and lactation. *Nutrients*, 13(2), 1–17. <https://doi.org/10.3390/nu13020692>
- Kementerian Kesehatan Republik Indonesia. (2015). Buku Ajar Kesehatan Ibu dan

Anak. In *Departemen Kesehatan Republik Indonesia*.

- Kesikburun, S., Güzelküçük, Ü., Fidan, U., Demir, Y., Ergün, A., & Tan, A. K. (2018). Musculoskeletal pain and symptoms in pregnancy: a descriptive study. *Therapeutic Advances in Musculoskeletal Disease*, 10(12), 229–234. <https://doi.org/10.1177/1759720X18812449>
- Luo, L., Zhou, K., Zhang, J., Xu, L., & Yin, W. (2020). Interventions for leg cramps in pregnancy. *Cochrane Database of Systematic Reviews*, 2020(12). <https://doi.org/10.1002/14651858.CD010655.pub3>
- Mansouri, A., Mirghafourvand, M., Charandabi, S. M. A., & Najafi, M. (2020). The effect of vitamin D and calcium plus vitamin D on leg cramps in pregnant women: A randomized controlled trial. *Journal of Research in Medical Sciences*, 22(1). <https://doi.org/10.4103/1735-1995.200271>
- Marwiyah, N., & Sufi, F. (2018). *Pengaruh Senam Hamil Terhadap Kualitas Tidur Ibu Hamil Trimester II dan III di Kelurahan Margaluyu Wilayah Kerja Puskesmas Kasemen*. 5, 123–128.
- Mastiningsih, P., & Agustina, Y. C. (2019). *Buku Ajar Asuhan Kehamilan*. IN MEDIA.
- Nursalam. (2016). *Metodologi Penelitian Ilmu Keperawatan*. Salemba Medika.
- Prawirohardjo, S. (2014). *Ilmu Kebidanan*. Bina Pustaka Sarwono Prawirohardjo.
- Rabbani, S., Afaq, S., Fazid, S., Khattak, M. I., Yousafzai, Y. M., Habib, S. H., Lowe, N., & Ul-Haq, Z. (2021). Correlation between maternal and neonatal blood Vitamin D level: Study from Pakistan. *Maternal and Child Nutrition*, 17(1), 1–8. <https://doi.org/10.1111/mcn.13028>
- Rafika, R. (2018). Efektifitas Prenatal Yoga terhadap Pengurangan Keluhan Fisik pada Ibu Hamil Trimester III. *Jurnal Kesehatan*, 9, 86. <https://doi.org/10.26630/jk.v9i1.763>
- Sukorini, M. U. (2017). Hubungan Gangguan Kenyamanan Fisik Dan Penyakit Dengan Kualitas Tidur Ibu Hamil Trimester Iii. *The Indonesian Journal of Public Health*, 12.
- Sulistyawati, A. (2016). *Asuhan Kebidanan Pada Masa Kehamilan*. Salemba Medika.
- Supakatisant, C., & Phupong, V. (2012). Oral magnesium for relief in pregnancy-induced leg cramps: A randomised controlled trial. *Maternal and Child Nutrition*, 11(2), 139–145. <https://doi.org/10.1111/j.1740-8709.2012.00440.x>
- Surahman, Rachmat, M., & Sudibyo Supardi. (2016). *Metodolgi Penelitian*. Kementerian Kesehatan Republik Indonesia.

- Widhayanti, R. (2019). KELAS PRENATAL YOGA MENGATASI NYERI PUNGGUNG DAN KRAM: PERSEPSI IBU HAMIL TRIMESTER 3 PENDAHULUAN Kehamilan adalah salah satu dari tiga periode dalam kehidupan wanita saat mengalami perubahan hormonal yang penting . Periode pertama adalah menarche , kedu. *Bidan Prada: Jurnal Publikasi Kebidanan*, 1–12.
- Widi Lestari, T. E., Widyawati, M. N., & Admini, A. (2017). Literatur Review: Penerapan Pijat Kaki Dan Rendam Air Hangat Campuran Kencur Terhadap Edema Kaki Ibu Hamil Trimester Iii Di Wilayah Kerja Puskesmas I Wangon, Banyumas. *Jurnal Kebidanan*, 8, 99.
- World Health Organization. (2018). *WHO recommendation on interventions for the relief of low back and pelvic pain during the pregnancy*. 1–7.
- Zarean, E., & Tarjan, A. (2017). Effect of Magnesium Supplement on Pregnancy Outcomes: A Randomized Control Trial. *Advanced Biomedical Research*, 6(1), 109. <https://doi.org/10.4103/2277-9175.213879>