

THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE ABOUT THE BENEFITS OF PREGNANCY EXERCISE AT PRATAMA KASIH BUNDA CLINIC, Jl. NEW PIONEER, LALANG VILLAGE, REGENCY. SERDANG DELI, NORTH SUMATRA IN 2023

Fistas Talenta Waoma¹, Nurmalina Hutahaean², Misniati³, Vivi Abdiani Purba⁴

¹⁻⁴ STIKes Mitra Husada Medan

Email: fistaswaoma@gmail.com

ABSTRACT

Pregnancy gymnastics is physical exercise in the form of certain movements that are carried out specifically to improve the health of pregnant women. Pregnancy exercise is part of one of the activities in the antenatal class. This study aims to determine the relationship between knowledge of pregnant women about the benefits of pregnancy exercise at the Kasih Bunda Primary Clinic. The type of research used is quantitative, with an analytic research design. The population is all pregnant women at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023 with a research sample of 34 people. Data analysis technique using chi square. The results obtained in this study were that the majority of pregnant women who had sufficient knowledge and less had the same number, namely 14 people (41.2%). Methods of data collection using a questionnaire. The results of bivariate analysis were obtained, there was a relationship between knowledge of pregnant women about the benefits of pregnancy exercise with a p value (0.001) <0.05. It is recommended that health workers provide pregnancy exercise education and training so that they can increase the knowledge of pregnant women and be able to carry out routine pregnancy exercise to maintain health and fitness during pregnancy and smooth delivery.

Keywords: *Knowledge, Pregnant Women, Pregnancy Exercise*

INTRODUCTION

Pregnancy is the growth and development of the intrauterine fetus starting from conception and ending until the onset of labour. The normal gestation period is 280 days (40 weeks or 9 months 7 days) counting from the day of the last menstrual period. However, during the pregnancy process various problems can occur that can harm the mother and fetus. Pregnancy exercise is a fitness program intended for pregnant women so that it has special movement principles adapted to the conditions of pregnant women. Pregnancy

exercise is specifically designed to make pregnant women healthy and fit, reduce complaints that arise during pregnancy and prepare the mother physically and psychologically for childbirth (Nurhuhariani, et al, 2015).

The degree of health is largely determined by the health of the mother and child. The World Health Organization (WHO) estimates that worldwide every year more than 585,000 die during pregnancy or childbirth (Kepmenkes, 2012). The search results of the Ministry of Health in 2011, the Maternal Mortality Rate (MMR) in Indonesia was 214 per 100,000 live births

while the MMR in Central Java Province in 2012 based on the results of the Regional Health Survey was 116 per 100,000 live births. The Ministry of Health is promoting the Making program Pregnancy Saver (MPS) with programs including the Birth Planning and Complication Prevention Program (P4K) (Ministry of Health, 2010).

According to the 2003 IDHS, the causes of maternal death are due to complications of childbirth (45%), retained placenta (21%), lacerations of the birth canal (19%), prolonged labor (11%), bleeding and pre-eclampsia respectively (10%), complications during childbirth (5%) and infectious fever (4%) (Elizawarda, 2016). The Maternal Mortality Rate in Indonesia is still high, in 2018 around 305 maternal deaths per 100,000 live births were caused by diseases or complications related to pregnancy and childbirth. Many mothers who should not have died, but died because they did not get the proper prevention and treatment efforts. Approximately 15% of pregnancies/delivery complications, 85% normal. The main causes of maternal death are caused by severe bleeding, postpartum infections, high blood pressure during pregnancy, prolonged/obstructed labor and unsafe abortions (Ministry of Health RI, 2020).

North Sumatra Province, the Maternal Mortality Rate in 2019 was 202 cases out of 302,555 live births, 790 cases of infant death out of 302,555 live births. In 2020 the MMR is 65.50 per 100,000 live births. The number of infant deaths throughout 2020 was 716 cases of the target of 299,198 live births (North Sumatra Health Office, 2020). Based on the journal from Elizawarda who conducted research on pregnancy exercise, the results obtained from 36 respondents, the majority had good knowledge and positive attitudes, namely 23 respondents (88.5%) while respondents who had less knowledge and positive attitudes were 4

respondents (40.0). %). This knowledge is obtained in a new or modern way, namely direct observation of natural or social phenomena, then the results of these observations are collected, classified, and finally the general conclusion is drawn that the factors that influence knowledge are age, education, occupation, sources of information, and the results of interactions with the environment (Elizawarda, 2016). Based on a preliminary survey conducted at the Pratama Kasih Bunda clinic, data was obtained that it had held pregnancy exercise classes for pregnant women who checked their pregnancies. However, of all pregnant women, there are still those who have not participated in pregnancy exercise. The reasons for pregnant women not participating in pregnancy exercise were mostly due to lack of knowledge of the benefits of participating in pregnancy exercise during pregnancy care and there was no time to take part in pregnancy exercise classes because there was a lot of work at home.

Based on the description above, it is necessary to conduct research with the title "Relationship of Knowledge of Pregnant Women About the Benefits of Pregnancy Exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023".

METHOD

The type of research used is quantitative, with an analytic research design. The aim of the study was to determine the relationship between knowledge of pregnant women about the benefits of pregnancy exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra Year 2023 observed in the same time period.

This research was conducted at the Pratama Kasih Bunda clinic, because there are still pregnant women who do not know the benefits of pregnancy exercise during pregnancy and have never conducted research on the relationship between knowledge of pregnant women about the benefits of pregnancy exercise.

The research sample is a portion taken from all the subjects studied and is considered to represent this population. The sampling technique was purposive sampling of 34 pregnant women.

Data Processing and Analysis

Data processing

1. Editing

This is done by checking the completed questionnaire. The data will be re-checked with the aim that the incoming data can be processed correctly, so that it can provide results that describe the problem under study, then the data is grouped by measurement aspects.

2. Coding

Coding each data that has been collected to obtain data entry into the table.

3. Scoring

Giving a score to each answer given to the respondent. Correct answer = 1, no = 0, then calculate the score of the answers to the questions given.

4. Tabulating

To facilitate data analysis, data processing and drawing conclusions, the data is entered in the form of a frequency distribution table and scores are given to the statements given to respondents (Sugiyono, 2017).

Analysis Data

Univariate data analysis was carried out to get an overview of the frequency of respondents. This analysis is used to obtain an overview of each variable related to the level of knowledge of pregnant women about the benefits of pregnancy exercise.

RESULT AND DISCUSSION

Univariate analysis

Table 4.1 Distribution of Respondent Characteristics by Age and Education at the Kasih Bunda Primary Clinic Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023.

	Characteristics	n	%
Age	<20 years	6	17,6
	20-35 years	23	67,6
	>35 years	5	14,7
Educ ation	Elementary School	3	8,8
	Junior High School	14	41,2
	Senior High School	13	38,2
	College	4	11,8
Total		34	100

Based on table 4.1 above, it can be seen that the characteristics of the majority of respondents aged 20-35 years were 23 people (67.6%) and the minority aged > 35 years were 5 people (14.7%). Based on the education of the majority, 14 junior high school students (41.2%) and a minority of 3 elementary school students (8.8%).

Table 4.2 Distribution of the frequency of knowledge of pregnant women at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023.

Knowledge of pregnant women	N	%
Good	6	17,6
Enough	14	41,2
Not Enough	14	41,2
Total	34	100

Based on table 4.2 above, it can be seen that the knowledge of pregnant women about the benefits of pregnancy exercise has sufficient and insufficient knowledge in the same number of 14 people (41.2%).

Table 4.3 Frequency distribution of the benefits of pregnancy exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023.

Benefits of pregnancy exercise	N	%
Understand	16	47,1
Do not completely understand	18	52,9
Total	34	100

Based on table 4.3. above it can be seen that the characteristics of the majority of respondents do not understand as many as 18 people (52.9%) and the characteristics of respondents who understand as many as 18 people (52.9%).

Bivariate Analysis

Table 4.4. Frequency distribution of the relationship between knowledge of pregnant women about the benefits of pregnancy exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023.

		Manfaat senam hamil				p	
		Mengerti		Kurang mengerti		Total	
		n	%	N	%	n	%
Petahu an ibu hamil	Baik	6	17,6	0	0,0	6	17,6
	Cukup	10	29,4	4	11,8	14	41,2
	Kurang	0	0,0	14	41,2	14	41,2
Juah		16	47,1	18	52,9	34	100

Based on table 4.4, it can be seen that the knowledge of pregnant women about the

benefits of pregnancy exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra, in 2023, from 34 respondents, 6 pregnant women with good knowledge were obtained, with 6 respondents who understood (17.6%). Pregnant women with sufficient knowledge obtained 14 people with respondents who understood as many as 10 people (29.4%) and respondents who did not understand as many as 4 people (11.8%). As well as pregnant women who lack knowledge obtained 14 people with respondents who did not understand as many as 14 people (41.2%). Results Bivariate analysis of pregnant women's knowledge about the benefits of pregnancy exercise obtained a p value of 0.001 ($p < 0.05$). This can be interpreted that there is a relationship between the knowledge of pregnant women about the benefits of pregnancy exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023.

CONCLUSION

Based on research on "The Relationship between Pregnant Women's Knowledge about the Benefits of Pregnancy Exercise at the Pratama Kasih Bunda Clinic, Jl. New Pioneers, Kampung Lalang, Kab. Deli Serdang, North Sumatra in 2023" then the following conclusions can be drawn:

1. Frequency distribution of pregnant women's knowledge. At the Pratama Kasih Bunda Clinic, respondents had sufficient and insufficient knowledge in the same number of 14 people (41.2%).
2. The frequency distribution of the benefits of pregnancy exercise at the Kasih Bunda Primary Clinic, the majority of respondents did not understand as many as 18 people (52.9%)

3. There is a relationship between the knowledge of pregnant women about the benefits of pregnancy exercise at the Kasih Bunda Primary Clinic with a p value (0.001) <0.05.

REFERENCES

1. Rahayu D. . Kata Kunci : Pengetahuan, Primigravida, Senam Hamil. 2019;10.
2. Rahayu EL, Siregar DN. HAMIL DENGAN TINDAKAN SENAM HAMIL DI KLINIK HJ . MERA MEDAN TAHUN 2018. 2018;102–6.
3. Lubis MN. Gambaran Tingkat Pengetahuan Ibu Hamil Tentang Manfaat Senam Hamil di Wilayah Kerja Puskesmas Simarppingan Kecamatan Angkola Selatan Tahun 2021. 2022; Available from: <https://repository.unar.ac.id/jspui/handle/123456789/3128%0Ahttps://repository.unar.ac.id/jspui/bitstream/123456789/3128/1/Skripsi - Melviana Nora.pdf>
4. Kebidanan PSD, Kebidanan J, Riau PK. Program Studi D-III Kebidanan, Jurusan Kebidanan, Poltekkes Kemenkes Riau. 2022;
5. Hamil S. Modul Senam Hamil Page i.
6. SS AP. Ners Sukri, Petrus Taliabo,. 2022;9(1).
7. Kuswanti I, Melina F, Tanebeth MO. Hubungan Pengetahuan Ibu Tentang Antenatal Yoga dengan Sikap Ibu Hamil terhadap Antenatal Yoga. J Publ Kebidanan. 2022;13(1):26–34.
8. Agustini KE, Eka K, Wardana L, Sugiartini DK. TERHADAP SENAM HAMIL DI MASA PANDEMI DI PUSKESMAS KUBUTAMBAHAN II TAHUN 2021. 2021;96–103.
9. Ns. Nur Wahid SK, Yulaeka MTK, Siti Umamah, S.ST. MK, Siswi Utami, S. ST. MK, Tupur Tanuadike MK, Eva Nurhayati, S. ST. MK, et al. Pengetahuan hypnobirthing untuk ibu hamil [Internet]. 2023. 73 p. Available from: https://www.researchgate.net/profile/Dina-Raidanti/publication/368566939_PENGETAHUAN_HYPNOBIRTHING_UNTUK_IBU_HAMIL/links/63ee497e2958d64a5cd5dcf5/PENGETAHUAN-HYPNOBIRTHING-UNTUK-IBU-HAMIL.pdf
10. Marya R, Jasmawati, Firdaus R. The Relationship between the Implementation of Pregnancy Exercise and the Smooth Delivery Process and Perineal Rupture at PMB Alberta Angin B. 2022. Formosa J Sci Technol. 2023;2(1):63–80.
11. Saragih R, Arfah Siregar S. Hubungan Pengetahuan Dengan Sikap Ibu Hamil Tentang Manfaat Senam Hamil Di Klinik Sehat Kasih Bunda Medan Tahun 2022. MIRACLE J. 2022;2(02):285–90.