

INCREASING KNOWLEDGE ABOUT PREGNANCY EXERCISE AGAINST CHANGE BEHAVIOR OF PREGNANT WOMEN IN THE IMPLEMENTATION OF PREGNANCY EXERCISES

Endryani Syahfitri¹, Muthia Sari Mardha², Mariana³

^{1,2}Program Studi D3 Kebidanan, Fakultas Farmasi dan Kesehatan Institut Kesehatan Helvetia, Medan,
Indonesia

³Program Studi S1 Farmasi, Fakultas Farmasi dan Kesehatan Institut Kesehatan Helvetia, Medan, Indonesia
Email : endriyanisyahfitri07@gmail.com

ABSTRAK : PENINGKATAN PENGETAHUAN TENTANG SENAM HAMIL TERHADAP PERUBAHAN PERILAKU IBU HAMIL DALAM PELAKSANAAN SENAM HAMIL

Pendahuluan : Senam hamil merupakan suatu metode penting untuk mempertahankan atau memperbaiki keseimbangan fisik ibu hamil dan merupakan terapi latihan yang diberikan pada ibu hamil dengan tujuan mencapai persalinan yang cepat mudan dan aman. Menurut data World Health Organization (WHO), pada tahun 2022 seluruh dunia, sekitar 830 wanita meninggal di setiap hari karena komplikasi selama kehamilan atau persalinan. Tujuan penelitian ini untuk mengetahui distribusi ferkuensi hubungan pengetahuan ibu hamil tentang senam hamil dengan pelaksanaan senam hamil di Klinik Yose Husada Medan Tahun 2023. Metode : Desain yang digunakan dalam penelitian ini adalah survei analitik dengan pendekatan secara cross sectional, yaitu suatu penelitian dimana cara pengukuran variabel bebas dan variabel terikat dalam waktu yang bersamaan. Pengambilan sampel adalah accidental sampling yaitu 35 responden ibu hamil. Teknik analisis dalam penelitian ini menggunakan metode chi-square. Hasil : uji stastik dengan menggunakan uji chi – square test dengan tingkat kepercayaan 95% dengan $\alpha = 0,016$ bahwa nilai singnifikasi probobabilitas pengetahuan ibu hamil tentang senam hamil dengan pelaksanaan senam hamil 0,016 atau nilai $p < \alpha = 0,05$. Kesimpulan : dalam penelitian ini adalah ada hubungan antara pengetahuan ibu hamil tentang senam hamil dengan pelaksanaan senam hamil di Klinik Yose Husada Medan Tahun 2023. Saran: Diharapkan kepada tenaga kesehatan untuk memberikan penyuluhan dan edukasi kesehatan tentang pentingnya senam hamil dimasa kehamilan terutama menjelang persalinan.

Kata Kunci : Pengetahuan, Senam Hamil

ABSTRACT

Introduction: Gymnastics is pregnant is a method it is important to maintain or improve physical balance pregnant women and exercise therapy is given to pregnant women with the goal of reaching a rapid delivery mudan and secure. According to the World Health Organization (WHO), in the year 2022, about 830 women died every day because of complications during pregnancy or childbirth. The purpose of this research was to mengetahui distribution ferkuensi the relationship of knowledge of pregnant women on pregnant with gymnastics gymnastics pregnant in clinical implementation Yose Husada Field Year 2023. Methods: the design used in this research is a survey with analytic approach in cross sectional, which is a measurement of the way in which the research variables are free and bound variables at the same time. Sampling is to accidental sampling namely 35 respondents of pregnant women. Analytical techniques in the study using the method of chi-square. The result : a test of stastik by using the chi square test – test with a confidence level of 95% with $\alpha = 0.016$ singnifikasi probobabilitas that the value of the knowledge of the mother pregnant pregnant with implementation of gymnastics gymnastics pregnant 0.016 or value $p < \alpha = 0.05$. Conclusion : in this study is there a relationship between knowledge of pregnant women about gymnastics gymnastics pelaksanaan pregnant pregnant with at the clinic the year 2023 Field Husada Yose. Suggestion: it is hoped that health workers will provide health counseling and education about the importance of pregnancy exercise during pregnancy, especially before delivery.

Keywords : Knowledge, Gymnastics Is Pregnant

INTRODUCTION

Pregnancy and childbirth are physiological things. However, many pregnant women are afraid of facing childbirth. Many pregnant women prefer to rest at home continuously for fear that something will happen to their baby. Pregnant women's decision not to do activities will even make the mother's muscles stiff. Pregnant women who do pregnancy exercises will relax their muscles. Because the aim of pregnancy exercise is to maintain the elasticity of the abdominal wall muscles, so that it can prevent and treat complaints of pain in the buttocks area, pain in the lower abdomen. Pregnancy exercise, this is done at a gestational age of more than 20 weeks. There are many benefits that pregnant women can get from participating in pregnancy exercises, including preparing pregnant women physically and mentally, giving birth quickly, safely and spontaneously (Novitasari et al. 2023).

Pregnancy is a period of growth and development of the intrauterine fetus starting at conception until the beginning of labor. During pregnancy, many physiological changes occur in the body of pregnant women as a form of maternal adaptation, namely physical changes, organ function, changes in the hormonal system, metabolism and psychological conditions related to prenatal stress (Idaningsih 2021).

Pregnancy exercise is the same as regular exercise which makes the body fresh and fit. However, pregnancy exercise is very helpful in the birthing process, because during pregnancy exercise the mother-to-be is prepared both physically and mentally. For fast and spontaneous delivery (Yuliani et al. 2021).

Pregnancy exercise is a movement exercise therapy to maintain the mother's stamina and fitness during pregnancy and prepare the mother physically and mentally to face childbirth optimally, for this reason, pregnancy monitoring and the mother's physical and mental readiness are needed to improve the safety of the mother and baby during the pregnancy, childbirth process (Yanti and Fatmasari 2023). Postpartum and breastfeeding. Pregnancy exercise is recommended for pregnant women so that the birthing process can go smoothly (Sari et al. 2023).

Pregnancy exercises are carried out to prepare physically during pregnancy and childbirth. Pregnancy exercise is used to prepare the leg muscles to adjust to weight gain during pregnancy, train the respiratory organs to be able to adapt to changes in the condition of the stomach so that it can relax and the minimum oxygen requirements for

the body can be met, teach how to oxygenate the body's posture in dealing with the increase in fetal weight and teach again postural reflexes, training the abdominal and pelvic muscles as well as the muscles around the thighs (especially the inner side) so that their strength can be controlled, and also training prospective mothers to be able to prepare physically and mentally by relaxing while controlling muscle work correctly (Hariyani, Nursinta, and Tribintari 2022).

Pregnancy exercise is movement exercise therapy to prepare pregnant women, physically or mentally, for fast, safe and spontaneous labor. Pregnancy exercise is safe for both mother and fetus as long as it is done correctly and there are no other dangerous conditions (Alita 2020).

Pregnancy exercise aims to maintain the elasticity of the abdominal wall muscles, ligaments and pelvic floor, forming good body posture and mastering breathing techniques (Kusumawati, Jayanti, and Khrisna 2019).

Pregnancy is a natural and physiological process. The changes that occur in women during normal pregnancy are physiological, not pathological. Therefore, the care provided is care that minimizes intervention. Midwives must facilitate the natural process of pregnancy and avoid medical procedures that have no proven benefit (Kurniawan 2021).

There are several advantages or benefits for pregnant women in doing pregnancy exercises, such as, strengthening the pelvic muscles so that it can facilitate and speed up the birth process, reducing complaints during pregnancy, strengthening and maintaining the flexibility of the abdominal wall and pelvic floor muscles which are important in the process. labor (Galaupa 2022).

Exercise for pregnancy at 28-30 weeks by doing movements such as posture formation exercises. In a crawling position, the distance between your hands is the same as the distance between your shoulders, and your four limbs are perpendicular to the floor and your body is parallel to the floor. The second is contraction and relaxation exercises. By lying on your back, both knees bent, arms beside the body and relaxed. Lastly, breathing exercises to overcome pain at the end of the first stage (Murni, Wahyuni, and Anggraeni 2022).

Exercises for pregnancy at 31-34 weeks, by doing exercises to form body posture, by standing up straight, both feet parallel to the shoulders, both hands beside the body, and relaxed. The second is contraction and relaxation exercises. First lie on your back, knees bent, right hand on your stomach

and relax. And finally breathing exercises with the aim of overcoming pushing which should not be done. By lying on your back, knees bent, arms beside your body and relaxed. This technique is used when you want to push, but it is prohibited because the opening is not complete (Wakhidah, Rahman, and Wahyuni 2023).

Exercises for pregnancy from the 35th week until delivery in three ways, namely, posture formation exercises. By lying on your back, knees bent, arms beside your body and relaxed. The second is contraction and relaxation exercises, lie on your back, legs slightly apart, arms at your sides, relax your whole body, breathe regularly and rhythmically. breathing exercises for pushing. By lying on your back, hold both knees with both hands and relax (Kasmiati 2023).

According to data from the World Health Organization (WHO), 2020 worldwide, around 830 women died every day due to complications during pregnancy or childbirth in 2015. The global risk of maternal mortality (MMR) decreased from 216 per 100,000 maternal births in 2015 to less than 70 per 100,000 maternal births by 2030. This would require a global annual containment rate of at least 7.5% which is more than three times the annual rate of reduction achieved between 1990 and 2015. It is therefore critical to increase access women to quality care before, during and after giving birth. In 2016, millions of births globally were not attended by a trained midwife, doctor or nurse, with only 78% of births being in the presence of a skilled birth attendant (WHO 2021).

According to the 2020 Indonesian Demographic Health Survey (SDKI), the decline in MMR in Indonesia was 228 per 100,000. Live birth. However, the maternal mortality rate again experienced a significant increase in 2012, namely 359 maternal deaths per 100,000 live births. The decline in MMR occurred in 2023 to 305 maternal deaths per 100,000 live births. The causes of maternal deaths in 2017 in Indonesia were bleeding, hypertension in pregnancy, and infection (KEMENKES 2021).

Based on the 2016 Regency/City Profile, the MMR for North Sumatra is 85/100,000. Live birth. These figures are very different and the estimates do not yet reflect the actual MMR in the population, especially when compared to the results of the 2010 population census. The MMR in North Sumatra was 328/100,000 KH. However, it is still quite high when compared with the national figure from the SP 2010 results, namely 259/100,000 KH. Meanwhile, based on the results of the MMR and IMR survey conducted by the North Sumatra Province health

service with FKM – USU in 2010, the MMR in North Sumatra was 268 per 100,000 live births (Agustama 2016).

According to the North Sumatra Health Service, in 2020 the number of pregnant women was 313 people. With pregnant exercise participants in health services, namely from January to December, there were 476 people, with the number of first pregnancies or primigravidas being 137 people (Utara 2021).

Based on research conducted by Elizawarda. Which is entitled the relationship between knowledge and the attitude of pregnant women towards pregnancy exercise in Sei Litur Tasik Village, Sawit Across Langkat Regency in 2013. Where the research results are that the majority of respondents have a good level of knowledge, namely 26 people (72.22%), and the research results that the majority of respondents have attitudes towards pregnancy exercise were 27 people (75.0%), meaning there was a relationship between knowledge and attitudes of pregnant women and attitudes of pregnant women towards pregnancy exercise (Hatini 2019).

Pregnancy exercise is an exercise program for healthy pregnant women whose role is to strengthen contractions and maintain the flexibility of the abdominal wall muscles, ligaments, pelvic floor muscles which withstand additional pressure and are associated with childbirth. Pregnancy exercise can cause better vascularization from the uterus to the placenta which ensures an adequate supply of oxygen and nutrients. The exercises carried out by pregnancy exercise to obtain good strength and muscle tone during the birthing process (Pongsibidang and Mikhrunnisai 2019).

The terms and conditions for participating in pregnancy exercises are that pregnant women are healthy based on a doctor's or midwife's examination. Pregnancies do not have or are at risk of complications such as miscarriage, pregnancies accompanied by bleeding, pregnancies with surgical scars, then pregnancy exercises are carried out after 20-22 weeks of pregnancy, and with the guidance of trained personnel and take place in hospitals or health facilities. Pregnancy exercise can reduce tension and relax feelings of anxiety, as well as prevent fetal abnormalities (Windari, Putri, and Astriani 2019).

Pregnant women who take part in pregnancy exercises are expected to be able to undergo a smooth delivery process, to make the best use of their abilities so that the normal delivery process takes place relatively quickly. Knowledge is an impression in the human mind as a result of the use

of knowledge. Knowledge is very different from belief, superstition and misinformation. Knowledge is everything that is known based on the experience gained by humans (Kasmiati 2023).

Based on the results of research conducted by Nur Aini Nailis Sa'adah 1, Kartika Sari. With the title of the relationship between knowledge of pregnant women about pregnancy exercise in carrying out pregnancy exercise. research with the Kendal Tau correlation test with a significance level of 5% (0.05) at a ($p < 0.05$) then H_0 is rejected, this means there is a relationship between knowledge mothers about pregnancy exercise with pregnant women's interest in doing pregnancy exercise at BPS Ar Rahmad, the Kendal Tau correlation number = 0.342 has a positive relationship direction, meaning that the higher the knowledge of pregnant women about pregnancy exercise, the higher the mother's interest in doing pregnancy exercise. Health workers are increasing their education about pregnancy exercise so that pregnant women are interested in doing pregnancy exercise (Sari and Yusniarita 2021).

Based on the results of research obtained by Arta nti Julaikha, with the title the relationship between knowledge and the motivation of pregnant women to do pregnancy exercises in Tanjung Rejo village, Jekulo District, Kudus Regency. Based on the statistical test used, namely person chi-square, the results of the study showed that 53 respondents (57.0%) had good knowledge of pregnant women about pregnancy exercise, and 44 respondents (47.0%) had low motivation for pregnant women to do pregnancy exercise. 3%,). Chi-square percent analysis shows there is a relationship between knowledge and the motivation of pregnant women to do pregnancy exercise in Tanjung Rejo village, Jekulo District, Kudus Regency with a p-value of 0.029 ($p < 0.05$). There is a relationship between knowledge and the motivation of pregnant women to do pregnancy exercises in Tanjung Rejo Village, Jekulo District, Kudus Regency in 2021.

Based on the results of research obtained by Citra Prastika Sari with the title: Knowledge of pregnant women about pregnancy exercise by implementing pregnancy exercise in the work area of the urban health center in Bukit Tinggi City in 2014. (Zulaikhah and Widyaningsih 2016)

The research was carried out from February to April 2022. The sampling technique involved a total sampling of 32 respondents. Data management is carried out using the chi-square statistical test using a computerized system. From the results of univariate data management, it was found that 18 (56.25%) respondents had low

knowledge and 11 (65.6%) respondents were not active in implementing pregnancy exercise. The results of bivariate analysis showed that the majority of pregnant women had low knowledge about pregnancy exercise, as many as 16 respondents (88.9%) with a p value = 0.003 < 0.05 . The conclusion from the results of this research is that there is a relationship between pregnant women's knowledge about pregnancy exercise and the implementation of pregnancy exercise in the work area of the urban health center in Bukit Tinggi City in 2022. In this study, it is hoped that health workers will be able to motivate and provide counseling about the benefits of pregnancy exercise on pregnancy. and childbirth so that it can improve the health status of pregnant women (Pratama and Maya 2018).

Based on the results of research conducted by Sundari (2020) regarding the relationship between knowledge of pregnant women and the implementation of pregnancy exercise at the Yose Husada Clinic in Medan, it can be concluded that of the 30 respondents (100%), the majority of respondents had something lacking about pregnancy exercise, 16 respondents (53, 3%), who did not do pregnancy exercises were 11 respondents (36.7%), and the minority of respondents had good knowledge about pregnancy exercises as many as 5 respondents (16.7%), and did pregnancy exercises as many as 5 respondents (16, 7%). Pregnant women who had sufficient knowledge were 9 respondents (30.%) and those who did pregnancy exercise were 3 respondents (10%), statistical results with a knowledge level of 95% and an alpha value = 0.05, it could be seen that $p = 0.020 < \alpha = 0.05$ can be concluded that H_a is accepted, which means there is a relationship between knowledge of pregnant women and the implementation of pregnancy exercises at the Yose Husada Clinic in Medan in 2020, mothers with less knowledge tend not to do pregnancy exercises (Istiqomah et al. 2020).

Based on an initial survey conducted by researchers at the Yose Husada Clinic Jl. Aluminum 1 NO. 15 Tanjung Mulia Medan in 2023. By conducting direct observations, 12 pregnant women were found who did pregnancy exercises, but among the 12 pregnant women there were 4 people Pregnant women who do pregnancy exercises regularly. And 8 people did not do pregnancy exercises regularly. For reasons of fear that something will happen to the baby. And in other words, there are still many pregnant women who do not do pregnancy exercises at the Yose Husada clinic in 2023.

RESEARCH METHODS

This research design uses an analytical method with a cross-sectional approach to see the relationship between the independent variable and the dependent variable. Where the independent variable is (knowledge of pregnant women) and the dependent variable (implementation of pregnancy exercises) at the Yose Husada clinic in Medan in 2023. The population in this study was 45 pregnant women in the first trimester and third trimester at the Yose Husada Clinic, Medan City from May to June, and the sampling technique in this study used purposive sampling of 35 people at the Yose Husada Clinic, Medan City. Primary data, namely data that supports the research, was obtained directly from respondents at the Yose Husada Clinic, which was obtained through a research questionnaire. A questionnaire is a method of collecting data through a list of questions (questionnaire) which is asked to respondents using a questionnaire. Knowledge is 20 questions, and implementation is 1 question. Data collection was obtained using secondary data including a list of the population of pregnant women who came to visit for ANC examinations at the Yose Husada Clinic in Medan. Tertiary data is data obtained from published manuscripts, WHO 2022 SDKI 2023 data (Indonesian Health Demographic Survey). The method of collecting data is that the researcher

comes to the Yose Husada clinic, when the researcher meets pregnant women in the second trimester and third trimester, the researcher gives a questionnaire to the respondent to fill in without asking other friends, the respondents are taken according to the research needs. Data analysis using the SPSS program univariate analysis and bivariate analysis was used to determine the relationship (correlation) between the independent variable and the dependent variable using statistics, namely the chi square test (Muhammad 2015)

RESEARCH RESULTS

Based on table 1, it can be seen that 19 respondents had junior high school education (54%), and 6 respondents had elementary school education (17%), and 5 respondents had high school education (14%) and 5 respondents had higher education (14%).).Univariate analysis is used to describe the data carried out on each variable from the research results. Data is presented in the form of a frequency distribution table. Based on table 1, it can be seen that the frequency distribution of knowledge of pregnant women at the Yose Husada Clinic in Medan in 2023 from 35 respondents with less knowledge was 5 respondents (6.5%), 14 respondents had sufficient knowledge (18.2%), and good knowledge. as many as 16 respondents (20.8%).

Table 1
Frequency Distribution Based on Education, Knowledge and Implementation of Pregnancy Exercises

Variable	Jumlah	
	n	Persentase
Education		
Elementary School	6	17
Middle School	19	54
High School	5	14
College	5	14
Knowledge		
Good	16	20,8
Enough	14	18,2
Less	5	6,5
Implementation of Pregnancy Exercises		
Do	11	14,3
Do not do	24	31,2

Based on 1. it can be seen that the frequency distribution of carrying out pregnancy exercise at the Yose Husada Clinic in Medan 2023, of the 35 respondents who did not do pregnancy exercise, was 24 respondents (31.2%), and 11 respondents (14.3%) did pregnancy exercise.

Based on the cross tabulation in table 2, it can be seen that the frequency distribution of the 35 respondents with good knowledge was 16 respondents (16.0%) who did pregnancy exercise, 2 respondents (5.0%) who did not do pregnancy exercise, 14 respondents (11.0%) , and those with

sufficient knowledge were 14 respondents (14.0%) and those who did pregnancy exercise were 4 respondents (1.6%) and those who did not do pregnancy exercise were 1 (3.4%) and those who did not do pregnancy exercise were 9 respondents (9.6%), while the category with less knowledge was 5 respondents (5.0%), 4 respondents (1.6%) did pregnancy exercise and 1 respondent did not do pregnancy exercise (3.4%). After carrying out a

statistical test using the chi_square test with a confidence level of 95% with $\alpha=0.05$, the significant value of the probability of pregnant women's knowledge about pregnancy exercise and the implementation of pregnancy exercise is 0.016 or p value $< \alpha$ value = 0.05. This proves that there is a relationship between pregnant women and the implementation of pregnancy exercises at the Yose Husada Clinic in Medan in 2023.

Table 2
Increasing Knowledge About Pregnancy Exercise Against Change Behavior Of Pregnant Women In The Implementation Of Pregnancy Exercises At Yose Husada Clinic Medan

Variable	Implementation of Pregnancy Exercises						Asympsig
	Do		Do not do		Total		
	f	%	f	%	F	%	
Less Knowledge	2	5,0	14	11,0	16	16,0	0,016
Good	5	4,4	9	9,6	14	14,0	
	4	1,6	1	3,4	5	5,0	

DISCUSSIONS

Based on the results of research conducted on 35 respondents at the Yose Husada Clinic in Medan for the 2017-2018 period regarding "the relationship between knowledge of pregnant women and the implementation of pregnancy exercise" it is known that there are still those who have good knowledge who do not fully carry out pregnancy exercise (11%). This is because the place and facilities are inadequate so that more respondents do not carry out pregnancy exercise.

Based on the results of statistical tests using the chi-square test with a confidence level of 95% with $\alpha= 0.016$, the significant value of the probability of knowledge of pregnant women and the implementation of pregnancy exercise is 0.016 or p value $< \alpha$ value = 0.05. This proves that there is a relationship between mothers and mothers. pregnant regarding the implementation of pregnancy exercises at the Yose Husada Clinic in Medan in 2023.

Knowledge is the result of human sensing, or the result of a person's "knowing" objectively through the senses they have (eyes, nose, ears), and itself at the time of sensing to produce this knowledge is greatly influenced by the intensity of attention and perception of the object. Pregnancy exercise is a movement exercise therapy to maintain the mother's stamina and fitness during pregnancy and prepare the mother physically and mentally to face childbirth optimally, for this reason, pregnancy monitoring and the mother's physical and mental readiness are needed to improve the safety of the mother and baby during the pregnancy,

childbirth process. postpartum and breastfeeding. Pregnancy exercise is recommended for pregnant women so that the birthing process can go smoothly(Rahmah, Malia, and Maritalia 2022).

Pregnancy exercises are carried out to prepare physically during pregnancy and childbirth. Pregnancy exercise is used to prepare the leg muscles to adjust to weight gain during pregnancy, train the respiratory organs to be able to adapt to changes in the condition of the stomach so that it can relax and the minimum oxygen requirements for the body can be met, teach how to oxygenate the body's posture in dealing with the increase in fetal weight and teach again postural reflexes, training the abdominal and pelvic muscles as well as the muscles around the thighs (especially the inner side) so that they can control their strength, and also training prospective mothers to be able to prepare physically and mentally by relaxing while controlling muscle work correctly (Yuliani et al. 2021).

Pregnancy exercises are exercise movements performed on pregnant women after 22 weeks of pregnancy. Pregnancy exercises aim to prepare and train the muscles so that they can function optimally during normal delivery and compensate for changes in the body's center of gravity (Anggeni and Yuanita 2022). Pregnancy exercise is indicated for pregnant women without abnormalities and no diseases accompanying pregnancy, namely heart disease, kidney disease, and complications in pregnancy (pregnancy with bleeding, location abnormalities, and pregnancy

accompanied by anemia) (Sukmawati and Nurhasanah 2022).

Anxiety and stress during pregnancy, especially in the third trimester, result in a decrease in birth weight and an increase in HHA (Hypothalamus-Pituitary-Adrenal) which causes changes in steroid hormone production, damage to social behavior and fertility rates in adulthood. Apart from that, it is related to emotional problems, hyperactivity disorders, decentralization and impaired cognitive development in children (Astuti, Pangesti, and Rakhmawati 2021). Pregnancy exercise can reduce anxiety and stress levels in pregnant women, the movements carried out in cooling movements are useful for overcoming the pressure or tension felt during pregnancy (Robin 2021). This is proven based on data obtained after pregnant women were given pregnancy exercises, the mother's stress level became light and normal (Galaupa 2022).

Based on the results of research conducted by Sundari (2020) regarding the relationship between knowledge of pregnant women and the implementation of pregnancy exercise at the Yose Husada Clinic in Medan, it can be concluded that of the 30 respondents, the majority of respondents had something lacking about pregnancy exercise, 16 respondents (53.3%), Those who did not do pregnancy exercise were 11 respondents (36.7%), and the minority of respondents who had good knowledge about pregnancy exercise were 5 respondents (16.7%), and 5 respondents (16.7%) did pregnancy exercise. There were 9 respondents (30%) who had sufficient knowledge of pregnant women and 3 respondents (10%) who did pregnancy exercise.

According to researchers' assumptions, based on research results, each pregnant woman has a different level of knowledge. So in this case, the implementation of pregnancy exercises is also influenced by the level of knowledge. As can be seen from the results of this study, the majority of respondents did not do pregnancy exercise, there were 24 respondents, because the respondents had sufficient knowledge, apart from that the respondents did not understand the benefits of carrying out pregnancy exercise. Meanwhile, the category of respondents who have good knowledge but do not fully do pregnancy exercises is still 11.0%. This means that those who have good knowledge and do not do pregnancy exercises are due to inadequate facilities so that more respondents do not do pregnancy exercises. So in this case health workers invite and train pregnant

women about the importance of doing pregnancy exercises.

CONCLUSIONS

There is a relationship between pregnant women's knowledge about pregnancy exercise and the implementation of pregnancy exercise.

SUGGESTION

It is hoped that all pregnant women can increase their knowledge, especially about the importance of carrying out pregnancy exercises, in order to improve the health of the mother and fetus and it is hoped that health workers will provide health counseling and education about the importance of pregnancy exercise during pregnancy, especially before delivery.

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