

DESCRIPTION OF PREGNANT WOMEN WHO PARTICIPATE IN GYMNASTICS

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ABSTRAK : DESKRIPSI IBU HAMIL YANG MENGIKUTI SENAM

Latar Belakang. Senam hamil merupakan salah satu kegiatan dalam pelayanan kesehatan pada masa kehamilan (prenatal care) dan senam hamil akan memberikan hasil kehamilan atau persalinan normal lebih baik dari pada ibu hamil yang tidak melakukan senam hamil. Ibu hamil yang melakukan senam hamil diharapkan dapat menjalani persalinan dengan lancar, dapat memanfaatkan kelebihan dan kemampuannya dengan sebaik-baiknya sehingga proses persalinan dapat berjalan relatif cepat dan nyeri berkurang. Metode Penelitian. Desain penelitian yang digunakan adalah kuantitatif dengan menggunakan pendekatan cross sectional, lokasi penelitian dilaksanakan di Puskesmas Cempaka Putih pada bulan Agustus 2018, dengan sampel ibu bersalin sebanyak 33 orang. Instrumen yang digunakan adalah register. Variabel yang digunakan adalah lamanya waktu persalinan. Hasil. Responden yang rutin mengikuti senam kala I persalinan sebanyak 69,7%, sedangkan ibu yang mengikuti senam kala I persalinan secara teratur sebanyak 30,3%. Terdapat hubungan yang signifikan antara senam dengan lamanya waktu persalinan. Kesimpulan. Hasil penelitian diketahui dari 33 ibu hamil yang mengikuti senam hamil secara rutin sebanyak 28 responden dengan presentase 14,76%, sedangkan yang tidak rutin mengikuti senam hamil sebanyak 5 responden dengan presentase 15,2%. Responden yang mengikuti senam rutin dengan lama persalinan lama sebanyak 69,7%, sedangkan ibu yang mengikuti senam rutin dengan lama persalinan cepat 30,3%. Ada hubungan yang signifikan antara senam dengan lama persalinan.

Kata Kunci : Senam, Persalinan.

ABSTRACT

Background: Pregnancy gymnastics is one of the activities in health services during pregnancy (prenatal care) and pregnancy gymnastics will provide a better pregnancy or normal delivery product results than for pregnant women who do not do pregnancy exercises. Pregnant women who do pregnancy exercises are expected to be able to undergo labor smoothly, be able to make the best use of energy and abilities so that the delivery process can run relatively quickly and pain is reduced. Objective: this study is an Overview of Pregnant Women Who Participate in Pregnancy Gymnastics at the Cempaka Putih District Health Center in 2017. Research Method: Secondary data is by taking Register data, data on the number of pregnant women who participate in gymnastics with a sample of 184 respondents. data obtained from Medical Records and Midwives at the Cempaka Putih District Health Center. Data analysis using SPSS. In the results of this management, the data that has been obtained, the data is analyzed by presenting a Univariate table, in accordance with the variables studied so as to produce the distribution and presentation of each variable. Results: Based on the results of this study, it was shown that pregnant women who participated in pregnancy exercises at the Cempaka Putih District Health Center in 2017, with a population of all pregnant women as many as 1247 pregnant women, mothers who only participated in pregnancy exercises were 184 respondents (14.76%), while those who did not participate in pregnancy gymnastics were 1063 pregnant women (85.25%). Conclusion: Based on the results of this study, the description of pregnant women who participate in gymnastics at the Cempaka Putih District Health Center, it can be concluded that of the 1247 pregnant women who checked their pregnancy, only 184 respondents (14.76%) took part in pregnancy exercises, and those who routinely participated in pregnancy exercises only (27.2%).

Keywords: Pregnant Women, Pregnancy Gymnastics,

INTRODUCTION

Pregnancy gymnastics is one of the health service activities during pregnancy or prenatal care and provides a result where the pregnancy and

childbirth period is better than in pregnant women who do not do it. Pregnancy gymnastics has the goal of preparing and training the muscles to function optimally in normal childbirth. The benefits

of physical activity during pregnancy are good blood circulation, increased appetite, better digestion, and better sleep. (Yulaikhah, 2009) Pregnancy requires antenatal supervision, being examined about her pregnancy and given advice, and in some hospitals pregnancy exercises have been carried out. Actually, pregnancy gymnastics is not a strange and extraordinary thing for women in developed countries are very fond of gymnastics and physical exercise, both during pregnancy and outside There are so many things that a woman will face. When doing pregnancy exercises, pregnant women will get adequate information to face childbirth. Starting from contractions, rupture of membranes, to the straining stage to send the baby to breathe life. The first thing that pregnant women will feel when pregnancy contraception begins is pain. Even health workers who lead childbirth will not be able to eliminate the pain. Pain during contractions can be reduced by arranging pernapasan. Through pregnancy exercises, it is trained to regulate breathing when facing pregnancy contractions, to maintain its physical and mental condition. In Indonesia, this has only been realized by a group of people in modern and advanced big cities, as well as pregnancy gymnastics training (Mughtar, 2010). Practicing breathing doesn't just reduce contractions pain. When pregnant women are in pain in the face of childbirth, they still have to distribute oxygen to their fetus, as well as for their own needs, so breathing exercises are very important for preparation for childbirth. Gathering with fellow pregnant women also provides emotional support for pregnant women, not only exchanging experiences and sharing information, but also eliminating the sense of self-difficulty that often burdens pregnant women. (Salim, 2013) The government's efforts to reduce maternal morbidity and mortality rates are to hold an integrated antenatal service program. Integrated antenatal services are comprehensive and quality antenatal services provided to all pregnant women. One of the effective health interventions is antenatal services, namely pregnancy exercises. Midwives in providing services to pregnant women have the authority to guide in performing pregnancy exercises (Ministry of Health of the Republic of Indonesia, 2010). Based on the preliminary survey, data obtained from the Cempaka Putih District Health Center in 2017, it can be seen that the visits of pregnant women are 1247 people, namely ANC K1 services with a target of 100% achievement and complete ANC K4 with a target of 97%. And pregnant women who carried out examinations at the Cempaka Putih District Public Health Center participated in pregnancy exercises

in January - December 2017 A total of 184 pregnant women who were carried out 2 times a week and who gave birth at the Cempaka Putih District Health Center as many as 33 mothers gave birth

RESEARCH METHODS

Types and Design of Research

This study uses an analytical research design with a Cross Sectional Survey approach. This study uses a quantitative descriptive method with a *case control* approach with a retrospective research design of a study by observing pregnant women who do pregnancy exercises at the Cempaka Putih Health Center, Central Jakarta at one time at the same time. (Sugiyono, 2014).

Populasi dan Sampel

The population in this study is all pregnant women in the Cempaka Putih District Health Center totaling 182.

The sample in this study was 33 pregnant women who participated in Pregnancy Gymnastics at the Cempaka Putih District Health Center. **Data Collection Methods** Secondary data is data obtained from midwives at the Cempaka Putih District Health Center, by taking Register data, namely data on the number of pregnant women who participate in gymnastics. analisis univariate.

RESEARCH RESULTS

The results of the research on the relationship between pregnancy gymnastics and the duration of childbirth at the Cempaka Putih District Health Center were obtained from Secondary Data, namely through the register book and the status of the mother. Furthermore, it is presented in the form of a frequency distribution table accompanied by an explanation.

Table 1
Distribution of Pregnancy Exercise Frequency

Pregnancy gymnastics	Sum	Presented (%)
Routine	28	84.8
Not routine	5	15.2

The results of the study were obtained from 33 pregnant women who participated in pregnancy gymnastics regularly as many as 28 respondents with a percentage of 14.76%, while those who did not regularly participate in pregnancy gymnastics as many as 5 respondents with a percentage of 15.2%.

Happy to get pregnant is very important for pregnant women after the pregnancy reaches 28 weeks or in the third trimester. The goal is not only to reduce the incidence of long labor but also for the

comfort of the mother during pregnancy and reduce the mother's anxiety in the face of childbirth (Saminem, 2009). Pregnancy exercises are a way that supports the ease of childbirth and helps provide relaxation for pregnancy in the third trimester.

Pregnancy gymnastics aims to prepare and train the muscles so that they can function optimally in normal childbirth (Manuaba, 2010). Pregnancy exercises are a movement that can have a positive effect, namely being able to shorten the length of labor, especially when entering the first phase or when the mother experiences the initial process of opening the cervix until the complete opening during delivery (May et al, 2016).

Pregnancy gymnastics is one of the activities in the ministry during pregnancy that is very beneficial for pregnant women, not only to reduce the incidence of old partus but also for the comfort of the mother during pregnancy and reduce the mother's anxiety in facing childbirth (Saminem, 2009). Pregnancy gymnastics exercises cannot be said to be perfect if the implementation is not arranged regularly, namely 3 times a week starting from 22 weeks of pregnancy until before birth.

Pregnant women who participate in pregnancy exercises regularly and intensively, the mother will maintain the health of her body and the fetus she carries optimally (Manuaba, 2010). Pregnant women who participate in pregnancy gymnastics activities quite often and regularly during the third trimester, turn out to experience childbirth that is not too painful compared to childbirth.

Pregnant women who do not do gymnastics during their pregnancy. The third trimester of pregnancy causes discomfort due to physical and psychological changes. Yoga pregnancy exercises during pregnancy that help to prepare pregnant women in facing childbirth. Based on the research with a retrospective study cohort research design with purposive sampling and 96 samples. Using chi squares that show significant results ($p=0.014$).

Tabel 2
Distribusi frekuensi lama kala I.

Kala I	Jumlah	Presentase (5)
Lama	25	75.8
Cepat	8	24.2

The results of the above study can be seen that of the 33 respondents, 25 respondents with a percentage of 75.8% in the first period of the old period while 8 respondents in the first period of the fast with a percentage of 24.2%.

The results of the study can strengthen the nursing care of pregnant women (Wulandari, 2006). Faced a significant first delivery between the experimental group and the control group. The hypothesis that pregnancy exercises as a prenatal service is effective in reducing anxiety in facing the first delivery was accepted. Data analysis showed that before being given pregnancy exercises, the experimental group and the control group experienced the same anxiety ($p>0.05$). After being given the treatment, a value of 0.019 ($P<0.05$) was obtained, meaning that there was a significant difference in anxiety levels between the two groups. As for the GainScore calculation, the resulting value was 0.034 ($P<0.05$), meaning that there was a difference in anxiety levels between the experimental group and the control group. This condition shows that pregnancy exercises are effective in reducing anxiety in the first face (Wulandari.2006)

This is adjusted to the theory put forward by Huliana, 2008, those who take part in pregnancy gymnastics can be caused because the productive age of mothers makes mothers more active in seeking information about pregnancy such as participating in pregnancy exercises regularly and those who do not routinely participate in pregnancy exercises (< 4 times during pregnancy) this is because pregnant women who check their pregnancy (Antenatal Care) have a place of residence far from the Cempaka Putih District Health Center to The factor of mothers not being able to participate in pregnancy exercises regularly. The main factors affecting the labor process Among them are power, passage (pelvic state), passanger (fetal state). Mothers who have good physical strength will have an easier delivery process, a large pelvis is able to facilitate normal delivery, besides that the condition of the fetus in the uterus also affects the delivery process (Manuaba, 2007). One of the factors that affects the length of the delivery process is the implementation of pregnancy exercises. This is supported by Ida (2012), that the benefits of pregnancy gymnastics are to increase the need for oxygen in the muscles, stimulate the lungs and heart as well as the activity of muscles and joints, in general resulting in changes in the overall The body especially has the ability to process and use oxygen, improve blood circulation, improve fitness and muscle strength, relieve back pain and constipation, facilitate childbirth, burn calories (make mothers can eat more healthy foods), reduce fatigue and promise a good body shape after childbirth.

Exercise or exercise during pregnancy has a positive effect on the opening of the cervix and coordinated uterine activity during labor, also found to mean an earlier and longer onset of labor shorter labor compared to those who do not continue with pregnancy exercises. Pregnancy exercises can help with childbirth so that the mother dapat giving birth without difficulty, as well as keeping mothers and babies healthy after giving birth (Ida, 2012). Pregnancy gymnastics is a fitness program intended for pregnant women so that it has special movement principles that are adapted to the condition of pregnant women. Pregnancy exercises are specifically designed to nourish and fit pregnant women, reduce complaints that arise during pregnancy and prepare the mother's physical and psychological to face childbirth. Pregnancy exercises usually begin when pregnancy enters the third trimester, which is around the age of 28-30 weeks of pregnancy (Ida, 2012). Pregnancy exercises are needed to improve the physical and mental readiness of the mother-to-be during the delivery process. According to Ida (2012), the implementation of pregnancy exercises in breathing exercises is very useful to get oxygen, train mothers to be ready to face childbirth. Pregnancy exercises can also help the relaxation process to overcome tension or pain during the labor process and help with childbirth so that the mother can give birth without difficulty, as well as keep the mother and baby healthy after giving birth. Pregnancy exercises that are carried out regularly can improve the elasticity of the pelvis, pelvis and ligament muscles (Galksworth in Brayshaw, 2005). This is in line with research conducted by Aulia (2010) which states that pregnancy exercises are a protective factor for abnormal childbirth, mothers who do pregnancy exercises have a risk of The development of abnormal partus was only 0.419 times compared to mothers who did not exercise pregnant.

CONCLUSION

Based on the results of the research that has been carried out by the researcher, in accordance with the general objective, namely to determine the effect of pregnancy gymnastics on the duration of childbirth at the Cempaka Putih District Health Center, the following results were obtained: The results of the study were known that of the 33 pregnant women who participated in pregnancy exercises regularly, 28 respondents with a percentage of 14.76%, while those who were not routine participated in pregnancy gymnastics as many as 5 respondents with a percentage of 15.2%. Respondents who participated in regular

gymnastics with the first period of long labor were 69.7%, while mothers who participated in routine gymnastics with the first period of quick labor were 30.3%.

SUGGESTION

For Puskesmas :Pregnancy exercises can prevent mothers from the risk of long labor, thereby minimizing the risk of infection in childbirth and reducing maternal mortality. Other research needs to be done to find out the factors that can influencing pregnant women to do gymnastics, such as family support, accessibility to health services that provide programs. Share STIKes RSPAD Gatot Soebroto. Providing pregnancy gymnastics books with various latest editions as literature materials for students in order to improve the quality of education to develop lectures. Holding pregnancy training for lecturers so that they can provide learning to students. For the next researcher It can develop further research by increasing the number of variables and the number of samples and conducting experimental research by providing pregnancy gymnastics training directly to pregnant women and directly observing the delivery process.

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