

## IDENTIFICATION OF PREGNANT WOMEN'S KNOWLEDGE LEVEL AND ATTITUDE TOWARDS PHYSICAL CHANGES THAT OCCUR DURING PREGNANCY

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### ABSTRAK: IDENTIFIKASI TINGKAT PENGETAHUAN IBU HAMIL DAN SIKAP DALAM PERUBAHAN FISIK YANG TERJADI SELAMA KEHAMILAN

Latar Belakang: Perubahan yang terjadi selama kehamilan umumnya menimbulkan ketidaknyamanan dan kekhawatiran bagi sebagian besar ibu hamil. Kurangnya pengetahuan dari klien untuk menghadapi perubahan fisik dapat menimbulkan bahaya sehingga akan membentuk sikap positif terhadap perubahan-perubahan yang dirasa normal atau tidak yang dapat merugikan dirinya.

Tujuan: Mengidentifikasi tingkat pengetahuan ibu hamil tentang perubahan fisik yang terjadi selama kehamilan

Metode: Jenis penelitian ini menggunakan jenis penelitian deskriptif. Sampel dalam penelitian ini adalah ibu hamil trimester yang berjumlah 70 orang.

Hasil: hasil penelitian menunjukan 35 responden (50,0%) pengetahuan kurang, 18 responden (25,7%) pengetahuan cukup, 17 responden (24,3%). Hasil penelitian menunjukkan Sebagian besar ibu hamil memiliki Tingkat pengetahuan kurang baik dalam menghadapi perubahan fisik sehingga akan berdampak terhadap kualitas kesehatan hidup ibu hamil yang berpengaruh ke janin

Kesimpulan: Hasil penelitian menunjukan ibu hamil yang mengalami perubahan fisik dalam kategori tingkat pengetahuan kurang dalam menghadapi perubahan fisik yang terjadi. Ketidaknyamanan fisik yang dialami oleh ibu berbeda-beda tingkatnya dan ibu hamil yang mengalami ketidaknyamanan fisik dalam kategori buruk selama kehamilan hal ini disebabkan karena ibu masih dalam kehamilan pertama sehingga ibu belum paham cara mengatasi ketidaknyamanan yang dirasakan.

Saran: Fasilitas kesehatan penting untuk melakukan skrining terhadap fisik maupun psikologis ibu hamil dalam mencegah terjadinya ketidaknyamanan yang berdampak bagi kualitas hidup selama masa kehamilan.

Kata Kunci: Tingkat pengetahuan, Perubahan fisik, ibu hamil

### ABSTRACT

Background: Changes that occur during pregnancy generally cause discomfort and anxiety for most pregnant women. Lack of knowledge from clients to deal with physical changes can cause danger so that it will form a positive attitude towards changes that are considered normal or not that can harm them.

Objective: To identify the level of knowledge of pregnant women about physical changes that occur during pregnancy.

Method: This type of research uses descriptive research. The sample in this study was 70 pregnant women in their third trimester.

Results: The results of the study showed that 35 respondents (50.0%) had insufficient knowledge, 18 respondents (25.7%) had sufficient knowledge, 17 respondents (24.3%). The results of the study showed that most pregnant women had a low level of knowledge in dealing with physical changes, which would have an impact on the quality.

Conclusion: The results of the study show that pregnant women who experience physical changes in the category of knowledge level are lacking in dealing with the physical changes that occur. The physical discomfort experienced by mothers varies in level and pregnant women who experience physical discomfort in the bad category during pregnancy this is because the mother is still in her first pregnancy so the mother does not understand how to deal with the discomfort she feels.

Suggestion: It is important for health facilities to conduct physical and psychological screening of pregnant women to prevent discomfort that impacts the quality of life during pregnancy.

Keywords: Level of knowledge, Physical changes, pregnant women

## INTRODUCTION

Women during pregnancy need time to adapt to the various changes that occur in them. Changes that occur during pregnancy generally cause discomfort and anxiety for most pregnant women. Changes in body size, breast shape, skin pigmentation, and overall abdominal enlargement make the pregnant woman's body look ugly and insecure. Worries and anxieties in pregnant women if not handled seriously will have an impact and influence on the physical and psychological well-being of both the mother and the fetus (Wulandari, 2021). If this is allowed to happen, the morbidity and mortality rates in pregnant women will increase. Psychological changes can increase the risk of complications in childbirth, so prevention is needed with several methods to ease and prepare the mother in maintaining pregnancy and the childbirth process (Proverawati, 2018)

Physical and psychological changes that occur during pregnancy can cause discomfort that affects the well-being of the mother and fetus during the labor process (Dartiwen dan Nurhayati, 2019) From it was stated that the majority of pregnant women's knowledge level regarding pregnancy discomfort at Puskesmas Tulis I, as many as 18 people (60%) had good knowledge levels and 12 people (40%) had sufficient knowledge levels regarding pregnancy discomfort. The study also stated that 16 people (53.3%) had a positive attitude in dealing with the discomfort they experienced, and the remaining 14 people (46.7%) still had negative attitudes in dealing with the discomfort they felt. This condition can be influenced by the level of education, personal experience or from other people who are considered important. Lack of knowledge from clients to handle their discomfort can be dangerous (Zahrotul Widniah & Fatia, 2021)

Severe physical discomfort disorders have a 5 times greater risk of experiencing poor sleep quality than mothers who do not have physical changes. Physical changes experienced by pregnant women during pregnancy will have an impact on the health of the pregnant woman herself, in addition to the impacts that can be caused, namely the growth and development of the fetus in the womb which causes morbidity in the mother and impaired fetal growth (Kemenkes, 2020). Discomfort experienced by pregnant women during pregnancy is one of the risk factors for complications during pregnancy related to maternal and fetal mortality rates (Yuliani, 2022)

Problems of physical changes experienced by pregnant women in the third trimester are frequent urination, leg cramps, sleep disturbances, edema, hemorrhoids, back pain during pregnancy, the physiology of pregnant women will change especially entering the third trimester such as the uterus that drops down causing the fetus' head to drop so that the bladder is pressed causing frequent urination, then the uterus that is getting bigger makes it difficult to breathe and difficult to defecate causing hemorrhoids, back pain caused by changes in the mother's body shape due to excessive stretching or fatigue and excessive walking, back pain increases with gestational age (Ziya, 2021)

The percentage of discomfort that appears in pregnant women, swelling in the feet 20%, leg cramps 10%, shortness of breath 60%, headaches 20%, and back pain 70%, and 21% of pregnant women have clinical symptoms of anxiety and 64% will continue during the postpartum period. According to the National Sleep Foundation (Riwidkdo, 2018). In Rezaei pregnant women who experience some form of sleep disorders reach 79%. As many as 72% of pregnant women will experience a higher frequency of waking up at night (Enggar. A.S & Rini, 2019)

Between knowledge and attitude are factors that influence each other. Knowledge will stimulate changes in attitudes that will lead to the formation of maternal actions. The higher the mother's knowledge, the better her attitude in dealing with problems (Elba & Ramadhina Putri, 2019) Good knowledge capacity and positive attitudes will result in encouragement in behavior to carry out good management such as increasing health-seeking behavior and making informed health care decisions that will have an impact on reducing the incidence of preeclampsia and reducing the Maternal Mortality Rate (MMR) (Holmes D & Phillip N.B, 2017)

This research is important to be conducted because the fact in the field is that there are still many pregnant women who do not understand about physical changes during pregnancy and have a lack of attitude in dealing with physical changes during pregnancy which can cause complications. A description of the knowledge of pregnant women can be useful in providing valuable input for the development of education for pregnant women so that researchers are interested in conducting Identification of the Level of Knowledge of Pregnant Women about Physical Changes That Occur During Pregnancy at the Labuapi Health Center, West Lombok Regency, West Nusa Tenggara (NTB).

## RESEARCH METHODS

The type of research used is quantitative descriptive research, which is to describe facts about a situation objectively (Sugiyono, 2017) This research was conducted in April-May 2025. Located at the Labuapi Health Center, West Lombok in 2025.

The population in this study were all pregnant women in the third trimester at the Kediri Health Center in April-May. The sample in this study were all pregnant women in the third trimester, totaling 115 pregnant women

By using total sampling technique. The type of data in this study is quantitative data, namely the results of the study and its analysis are described in a scientific paper in the form of narratives and tables, then from the analysis that has been carried out a conclusion is drawn (Riwidkdo, 2018) . The data source used in this study is secondary data with the KIA book to see visits by pregnant women to the Labuapi Health Center.

The data uses univariable analysis to describe the characteristics of each variable studied using the frequency distribution and percentage of each group, then the data is displayed in the form of tables and narratives.

## RESEARCH RESULTS

### Univariat

**Tabel 1**  
**Respondent Characteristics**

Information	N	%
Mother's age		
< 20	17	24,3
20-35	42	60,0
>35	12	15,7
Mother's Education		
SD	9	12,9
SMP	21	30,0
SMA	31	44,3
PT	9	12,9
Mother;s Job		
IRT	38	54,3
Swasta	21	30,0
PNS	11	15,7

**Tabel 2**  
**Frequency Distribution of Knowledge Level**

Level of knowledge	N	%
Good	17	24,3
Enough	18	25,7
Not enough	35	50,0

Based on table 1 above, the characteristics of the respondents are that most of the respondents are aged 20-35 years, namely 42 (60.0%), have a high school education (SMA) as many as 31 respondents (44.3%), the majority of mothers' jobs are as housewives (IRT) as many as 38 respondents (54.3%), table 2. Distribution of respondent frequencies based on the level of knowledge of the mother, most of them are categorized as having less knowledge, namely 35 respondents (50.0%).

## DISCUSSION

### Mother's knowledge about physical changes during pregnancy

Based on table 2, the research results show that the frequency distribution obtained from 70 respondents, most of whom, 35 respondents (50.0%) had poor knowledge, while those who had good knowledge were 17 respondents (24.3%).

A person's knowledge is influenced by their level of education. The lower a person's education, the lower their level of knowledge. Apart from education, factors that influence the increase in a person's knowledge include participation in training or counseling A person's knowledge can also increase by enriching their knowledge base through reading, both through mass media and electronic media (internet), so that even without going through formal education, a person's knowledge can increase (Zahrotul Widniah, 2021). A process that originates from curiosity is the beginning of the emergence of knowledge. This curiosity process arises when we see and hear a certain object that is captured by our five senses (Notoatmodjo, 2012).

Based on the results of the frequency distribution in table 2, in the variable level of knowledge, the results obtained were that the majority of pregnant women in the Labuapi Public Health Center work area had a low level of knowledge, amounting to 35 respondents (50%).

The results of the study showed that the age range of 20-35 years is an age that has no risk in pregnancy. The age range of 20-35 years is a woman's fertile age, and is a safe condition for a woman to experience the pregnancy process (hardaniyati, 2023) stated that the older a person is, the more the process of knowledge development will be clearly seen in the increase in their level of knowledge, this can be caused by age factors. Because the older a person is, the more their comprehension and mindset develop, this will improve knowledge This study also found that pregnant women under the age of 20, namely 17 respondents (24.3%), had knowledge in the less

category(Cunningham, 2017). This is because the pregnancy process that occurs at the age of under 20 years is related to the mother's readiness to face her pregnancy. Pregnant women who are not ready are also closely related to the level of knowledge and experience received by pregnant women. Based on the Indonesian Ministry of Health, a pregnant woman who is under 20 years old, the condition of the uterus and pelvis of the mother or woman has not developed well, then the psychological condition both emotionally and mentally that occurs due to the pregnancy process(Kemenkes, 2020).

Work can also affect knowledge, where most (52%) of respondents have jobs as housewives. Housewives have a lower risk of complications compared to working mothers, because in addition to working, mothers also have household chores, so working mothers have an increased risk of complications with high levels of stress(Erwindi & Dwi Guna, 2024). The fact is that mothers do more activities at home because mothers are dependent on their husbands who earn a living.

According to (Nursalam, 2008) working is generally a time-consuming activity for mothers that will have an impact on family life. So with the knowledge that most pregnant women in the Labuapi Health Center have jobs as housewives, pregnant women will have a lot of time and opportunity to learn and gain knowledge through existing facilities by routinely coming to health workers/midwives, to listen to counseling given by health workers/midwives. So that the information received is correct and can be trusted because it is delivered by people who are truly experts in the field of health, and by reading a lot of magazines, tabloids or electronic media such as TV, radio that they can see and listen to every day (Fatriani, 2023).

This study is supported (Alimansur & Rohmawati, 2022), who said that the level of knowledge of pregnant women about discomfort is still very low. There is a significant relationship between the level of knowledge of pregnant women and certain characteristics of the respondents. Most primigravida pregnant women have less knowledge about discomfort in pregnancy.(Enggar. A.S & Rini, 2019).

According to the researcher's assumption, the respondents' knowledge is lacking because the respondents lack information about what to do when experiencing physical changes and how to cope during the pregnancy process and lack of counseling information from health workers, and the attitude of pregnant women will influence the knowledge they have/receive. (Munisah et al.,

2022)This is in line with the theory that health counseling is essentially an activity or effort to convey health messages to the community, groups or individuals. In other words, the existence of this counseling is expected to have an impact on changes in knowledge.

## CONCLUSION

Physical preparation of the mother helps the pregnant mother prepare her pregnancy to be safer, while the mental preparation carried out by the pregnant mother in preparing for her delivery will make the mother feel more comfortable, if they have felt and obtained a sense of security and comfort, the delivery process will run more smoothly and reduce the risk of complications.

The results obtained from the research conducted are that pregnant women have less knowledge in knowing the physical changes that occur during pregnancy so that pregnant women cannot take a good attitude to overcome and handle the changes that occur. This is because many factors influence a person's knowledge such as age, education and occupation. The many facilities and media today are also factors in increasing a person's knowledge, making it easier for pregnant women to obtain information. during pregnancy. health workers also better prepare pregnant women to feel comfortable and safe in the delivery process.

## SUGESTION

Knowledge about physical changes in pregnant women should be maintained and pregnant women should be more active in increasing their knowledge about the process of change during pregnancy by obtaining knowledge from various sources of information, both through print and electronic mass media, and health workers who serve primigravida pregnant women during Antenatal Care at health services.

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