

**PENGARUH SENAM HAMIL TERHADAP PENURUNAN KECEMASAN
IBU HAMIL TRIMESTER III DI PUESKESMAS DAHLIA
KECAMATAN MARISO KOTA MAKASSAR
TAHUN 2023¹**

Eka Citra¹, Dian Puspita Sari², Tyas Ning Yuni A³

INTISARI

Latar Belakang : Kecemasan pada ibu hamil terjadi karena perubahan kadar hormon dalam tubuh. Perubahan kadar hormon pada saat hamil bisa berpengaruh pada kadar zat kimia di otak yang berperan pada pengaturan perasaan. Inilah sebabnya mengapa ibu hamil cenderung gelisah dan cemas. Gangguan cemas yang cenderung sering mengalami adalah ibu hamil dengan usia kehamilan sudah memasuki trimester III. Kecemasan pada ibu hamil memiliki empat tingkat kecemasan seperti kecemasan ringan, kecemasan sedang, kecemasan berat dan kecemasan sangat berat. Kecemasan Komplikasi dalam kehamilan akibat beban psikologi dapat dikurangi ataupun dihilangkan dengan memberikan pengobatan dan aktivitas olahraga selama kehamilan salah satunya dengan senam hamil.

Tujuan : Untuk mengetahui apakah ada pengaruh senam hamil terhadap penurunan kecemasan ibu hamil trimester III Di Puskesmas Dahlia Kecamatan Mariso Kota Makassar Tahun 2023

Metode Penelitian : Penelitian *pre ekperimental* dengan desain *one group pretest posttest*. Waktu penelitian bulan Juni 2023 dengan jumlah responden 22 ibu hamil trimester III. Teknik sampling menggunakan *purposive sampling*. Variabel kecemasan ibu hamil trimester III yang di ukur menggunakan kuisisioner HARS. Analisis univariat menggunakan distribusi frekuensi untuk mengetahui karakteristik responden dan analisis bivariat menggunakan *Wilcoxon* untuk mengetahui pengaruh antar variabel.

Hasil : Hasil uji statistik menunjukkan ada perbedaan yang signifikan sebelum diberikan intervensi senam hamil dengan *p-value* 0,00. Rata-rata kecemasan sebelum diberikan senam hamil yaitu memiliki kecemasan sedang (50,0%) dan setelah dilakukan senam mayoritas menjadi tidak cemas (66,2%) yang berarti mengalami penurunan rata-rata 11,50%.

Kesimpulan : Terdapat pengaruh senam hamil terhadap penurunan kecemasan ibu hamil trimester III Di Puskesmas Dahlia Kecamatan Mariso Kota Makassar Tahun 2023

Kata Kunci : Cemas, Senam Hamil

¹ Mahasiswa Program Studi S-1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi S-1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF PREGNANCY EXERCISE ON REDUCING ANXIETY OF
THREE TRIMESTER PREGNANT WOMEN AT PUESKESMAS DAHLIA
MARISO DISTRICT, MAKASSAR CITY
YEAR 2023²**

Eka Citra¹, Dian Puspita Sari², Tyas Ning Yuni A³

ABSTRACT

Background: Anxiety in pregnant women occurs due to changes in hormone levels in the body. Changes in hormone levels during pregnancy can affect the levels of chemicals in the brain that play a role in regulating feelings. This is why pregnant women tend to be restless and anxious. Anxiety disorders that tend to often experience are pregnant women who have entered the third trimester of pregnancy. Anxiety in pregnant women has four levels of anxiety such as mild anxiety, moderate anxiety, severe anxiety and very severe anxiety. Anxiety Complications in pregnancy due to psychological burden can be reduced or eliminated by providing medication and sports activities during pregnancy, one of which is pregnancy exercise.

Objective: To find out whether there is an effect of pregnancy exercise on reducing the anxiety of third trimester pregnant women at the Dahlia Health Center, Mariso District, Makassar City in 2023

Research Method : Pre-experimental study with one group pretest posttest design. The time of the study was in June 2023 with 22 respondents in the third trimester of pregnancy. The sampling technique uses purposive sampling. The anxiety variable for third trimester pregnant women was measured using the HARS questionnaire. Univariate analysis uses the frequency distribution to determine the characteristics of the respondents and bivariate analysis uses Wilcoxon to determine the effect between variables

Results: The results of the statistical test showed that there was a significant difference before the pregnancy exercise intervention was given with a p-value of 0.00. The average anxiety before being given pregnancy exercise was having moderate anxiety (50.0%) and after doing the exercise the majority became not anxious (66.2%), which means there was an average decrease of 11.50%.

Conclusion: There is an effect of pregnancy exercise on reducing the anxiety of third trimester pregnant women at the Dahlia Health Center, Mariso District, Makassar City in 2023

Keywords: Anxiety, Pregnancy Exercise

¹Student of Midwifery Study Program, Jenderal Achmad Yani University, Yogyakarta

²Lecturers of the Bachelor of Midwifery Study Program, Jenderal Achmad Yani University, Yogyakarta