

## PENGETAHUAN IBU HAMIL TENTANG SENAM HAMIL DI BPM KUSWATININGSIH SLEMAN YOGYAKARTA

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### INTISARI

**Latar belakang:** Latar belakang: Senam hamil adalah senam yang dilakukan untuk mempersiapkan dan melatih otot-otot sehingga dapat dimanfaatkan untuk berfungsi secara optimal dalam persalinan normal. Senam hamil sangat penting dilakukan oleh ibu hamil setelah kehamilan mencapai 22 minggu. Senam hamil bertujuan untuk relaksasi atau untuk mempersiapkan mental dan fisik ibu hamil. Hasil studi pendahuluan diketahui masih banyak ibu hamil trimester II dan III belum mengikuti senam hamil karena pengetahuan ibu hamil tentang manfaat senam hamil masih rendah.

**Tujuan Penelitian:** Mengetahui pengetahuan ibu hamil tentang senam hamil di BPM Kuswatiningsih Sleman Yogyakarta tahun 2017

**Metode Penelitian:** Penelitian ini menggunakan metode *deskriptif kuantitatif* dengan pendekatan *cross sectional*. Penelitian ini menggunakan teknik pengambilan sampel secara *total sampling* sebanyak 47 orang. Pengumpulan data menggunakan kuisioner. Data dianalisis dengan analisis univariat

**Hasil Penelitian:** Mayoritas pengetahuan ibu hamil tentang pengertian senam hamil dalam kategori baik yaitu sebanyak 23 responden (48,9%), tentang tujuan senam hamil dalam kategori baik sebanyak 23 responden (48,9%), tentang manfaat senam hamil dalam kategori cukup sebanyak 19 responden (40,4%), tentang kontraindikasi senam hamil dalam kategori kurang sebanyak 47 responden (100,0%), tentang syarat melakukan senam hamil dalam kategori baik sebanyak 39 responden (83,0%), tentang waktu dan pelaksanaan senam hamil dalam kategori cukup sebanyak 21 responden (44,7%). Pengetahuan ibu hamil tentang senam hamil di BPM Kuswatiningsih Sleman Yogyakarta dalam kategori cukup sebanyak 34 responden (72,3%).

**Kesimpulan:** Pengetahuan ibu hamil tentang senam hamil di BPM Kuswatiningsih Sleman Yogyakarta dalam kategori cukup. Bidan perlu memberikan konseling kepada ibu hamil tentang pentingnya melakukan senam hamil agar pengetahuan ibu semakin meningkat.

**Kata Kunci :** Pengetahuan, Ibu hamil, Senam hamil

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## **PREGNANT WOMAN KNOWLEDGE ON PREGNANCY EXERCISE IN BPM KUSWATININGSIH SLEMAN YOGYAKARTA**

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### **ABSTRACT**

**Background:** Pregnancy exercise is a gymnastics performed to prepare and train the muscles so that it can be used to function optimally in normal childbirth. Pregnancy exercise is very important to be conduct by pregnant women after pregnancy reached 22 weeks. Pregnancy exercises aims for relaxation or to prepare the mental and physical pregnant women. Preliminary study results are known that many pregnant women of the second and third trimesters have not followed pregnancy exercise because the knowledge of pregnant women about the benefits of pregnancy exercise is still low.

**Research Objectives:** To know the pregnant women's knowledge about pregnancy exercise in BPM Kuswatiningsih Sleman Yogyakarta year of 2017

**Research Method:** This research used quantitative descriptive method with survey approach. This research used sampling technique in total sampling as counted 47 people. Data collection used questionnaire. Data were analyzed by univariate analysis

**Results:** The majority of pregnant women's knowledge about the meaning of pregnancy exercise in the good category is 23 respondents (48,9%), about the purpose of pregnancy gymnastic in good category is 23 respondents (48,9%), about pregnancy exercise benefit in enough category is 19 respondents 40,4%), about contraindication of pregnant gymnastics in less category is 47 respondents (100,0%), about requirement of doing pregnancy exercise in good category is 39 respondents (83,0%), about time and execution of pregnancy gymnast in enough category is 21 respondents (44.7%). The pregnant women's knowledge about pregnancy exercise in BPM Kuswatiningsih Sleman Yogyakarta in enough category is 34 respondents (72,3%).

**Conclusion:** Knowledge of pregnant mother about pregnancy exercise at BPM Kuswatiningsih Sleman Yogyakarta is in enough category. The midwife is expected to provide counseling to pregnant women about the importance of doing pregnancy exercise to increase the knowledge of pregnant women.

**Keywords:** Knowledge, Pregnant women, pregnancy exercise