

**HUBUNGAN PENGETAHUAN IBU HAMIL TENTANG SENAM HAMIL
TERHADAP PELAKSANAAN SENAM HAMIL DI WILAYAH KERJA
PUSKESMAS DAHLIA KOTA MAKASSAR TAHUN 2023**

INTISARI

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Latar Belakang : Senam hamil merupakan salah satu upaya yang diselenggarakan oleh pemerintah di puskesmas guna menurunkan AKI dengan meningkatkan pemahaman mengenai kehamilan pada ibu khususnya usia 22-37 minggu yang bertujuan meningkatkan pengetahuan, keluhan selama kehamilan, dan perawatan kehamilan.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan ibu hamil tentang senam hamil terhadap pelaksanaan senam hamil di wilayah kerja puskesmas dahlia kota makassar.

Metode : Desain penelitian ini adalah penelitian *Observasional Analitik* dengan menggunakan metode analitik dengan pendekatan *Cross Sectional Study*.

Hasil : Berdasarkan hasil uji statistik dengan menggunakan uji *Chi-Square (fisher's Exact Test)* yang telah dilakukan, diperoleh nilai $p = 0,002 < \text{nilai } \alpha = 0,05$ maka H_a diterima dan H_o ditolak artinya bahwa ada hubungan antara pengetahuan ibu tentang senam hamil terhadap pelaksanaan senam hamil di Puskesmas Dahlia Kota Makassar.

Kesimpulan : Dari hasil penelitian ini menunjukkan bahwa dari 31 ibu hamil sebagian besar responden mempunyai pengetahuan baik sebanyak 7 orang (22,6%), cukup sebanyak 4 orang (12,9%), dan pengetahuan kurang sebanyak 20 orang (64,5%). Kurangnya pengetahuan ibu tentang senam hamil yang merupakan salah satu penghambat sehingga ibu hamil tidak mengikuti kelas senam hamil.

Kata Kunci : Kehamilan, Pengetahuan, Senam Hamil

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**THE RELATIONSHIP OF PREGNANT WOMEN'S KNOWLEDGE
ABOUT PREGNANT GYMNASTICS TO THE IMPLEMENTATION OF
PREGNANT WOMEN'S EXERCISE IN THE WORKING AREA OF THE
DAHLIA HEALTH CENTER MAKASSAR CITY 2023**

ABSTRACT

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Background: Pregnancy exercise is one of the efforts organized by the government at the puskesmas to reduce MMR by increasing understanding of pregnancy in mothers, especially those aged 22-37 weeks which aims to increase knowledge, complaints during pregnancy, and pregnancy care.

Purpose: This study aims to determine the relationship between the knowledge of pregnant women about pregnancy exercise and the implementation of pregnancy exercise in the working area of the Dahlia Public Health Center, Makassar City.

Methods: The design of this study was an analytical observational study using analytic methods with a cross sectional study approach.

Results: Based on the results of statistical tests using the Chi-Square test (fisher's Exact Test) that has been carried out, it is obtained that the value of $p = 0.002 < \alpha = 0.05$ then H_a is accepted and H_0 is rejected, meaning that there is a relationship between mother's knowledge about pregnancy exercise and implementation of pregnancy exercise at the Dahlia Community Health Center, Makassar City.

Conclusion: The results of this study indicate that out of 31 pregnant women, most of the respondents had good knowledge, 7 people (22.6%), enough 4 people (12.9%), and less knowledge, 20 people (64.5%). Lack of knowledge of mothers about pregnancy exercise which is one of the obstacles so that pregnant women do not attend pregnancy exercise classes.

Keywords: Pregnancy, Knowledge, Pregnancy Exercise

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