

TINGKAT PENGETAHUAN DAN SIKAP IBU HAMIL TENTANG SENAM HAMIL DI PUSKESMAS SRANDAKAN BANTUL

INTISARI

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Latar Belakang: Ibu hamil yang melakukan senam hamil di wilayah kerja Puskesmas Srandakan Bantul masih perlu mendapatkan perhatian. Pada hal senam hamil sangat efektif untuk memperlancar persalinan. Namun, masih lama ibu hamil yang mengabaikan senam hamil. Hal ini disebabkan kurangnya pengetahuan dan sikap ibu hamil tentang senam hamil.

Tujuan: Untuk mengetahui tingkat pengetahuan dan sikap ibu hamil tentang senam hamil di puskesmas Srandakan bantul.

Metode: Jenis penelitian adalah deskriptif dengan desain *cross-sectional*. Responden ini adalah ibu hamil yang melakukan ANC di wilayah kerja Puskesmas Sranakan Bantul sebanyak 36 responden menggunakan teknik *Purposive sampling*. Pengumpulan data menggunakan kuesoner, metode pengambilan data primer. Data dianalisis menggunakan univariat.

Hasil: Hasil penelitian di Puskesma Srandakan Bantul mayoritas pengetahuan ibu hamil tentang senam hamil dalam katagori baik 25 responden (69,4%), dalam katagori cukup 11 responden (30,6), dalam katagori kurang 0 responden (0,0), sedangkan sikap mendukung terhadap senam hamil 18 responden (50,0%) dan tidak mendukung 18 responden (50,0%).

Kesimpulan: Dari hasil penelitian dapat disimpulkan bahwa tingkat pengetahuan ibu hamil yang mengikuti senam hamil tentang senam hamil di Puskesmas Srandakan Bantul adalah baik 25 responden (69,4%) dan sikap ibu hamil yang mengikuti senam hamil tentang senam hamil di Puskesmas Srandakan Bantul adalah mendukung 18 responden (50,0%).

Kata kunci: Pengetahuan, sikap dan senam hamil.

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THE LEVEL OF KNOWLEDGE AND ATTITUDE FOR PREGNANT WOMEN ABOUT PREGNANCY EXERCISE AT PUSKESMAS SRANDAKAN BANTUL

ABSTRACT

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Background: Pregnant women who apply of pregnancy exercise in the work area of Puskesmas Srandonan Bantul still need attention. In terms of pregnancy exercise is very effective to facilitate labor. However, the pregnant women sometimes ignore of pregnancy exercise. This is due to a lack of knowledge and attitudes of pregnant women about pregnancy exercise.

Objective: To know the level of knowledge and attitude of pregnant women about pregnancy exercise at Puskesmas Srandonan Bantul.

Method: The type of this research is descriptive with a cross-sectional design. These respondents were pregnant women who performed ANC in the work area of Puskesmas Srandonan Bantul for 36 respondents by using purposive sampling technique. The collecting data used questionnaire and primer data method. The data were analyzed by using Univariate.

Results: The results of research at Puskesmas Srandonan Bantul were most of the pregnant women's knowledge about pregnancy exercise that a good category was 25 respondents (69.4%), enough category for pregnant women were 11 respondents (30.6), the category of less for pregnant women were 0 respondents (0.0), while supporting attitude for pregnant exercise were 18 respondents (50.0%) and the pregnant women who did not support 18 respondents (50.0%).

Conclusion: The results of the research can be concluded that the level of knowledge for pregnant women who participated in pregnancy exercise at the Puskesmas Srandonan Bantul were 25 respondents (69.4%) and the attitude of pregnant women who participated for pregnancy exercise at Puskesmas Srandonan Bantul were 18 respondents (50.0%).

Keywords: Knowledge, attitude and pregnancy exercise.

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