

HUBUNGAN PENGETAHUAN DENGAN MINAT IBU HAMIL DALAM PENERAPAN YOGA HAMIL DI PUSKESMAS PIYUNGAN BANTUL YOGYAKARTA 2024

Erlima Boru Sinaga¹, Ratih Kumoro Jati²

Program Studi Sarjana Kebidanan Universitas Jendral Achmad Yani Yogyakarta

Email: erlima.sinaga@gmail.com

INTISARI

Latar Belakang: Yoga hamil merupakan keterampilan mengolah pikiran, berupa teknik pengembangan kepribadian secara menyeluruh baik fisik, psikologis dan spiritual, yoga antenatal dapat membantu ibu hamil untuk mengendalikan pikiran, keinginan dan reaksi terhadap stress. Ibu hamil pada kehamilan trimester ketiga memiliki gejala nyeri punggung yang menyebabkan merasa tidak nyaman saat melakukan sesuatu atau merasa terganggu, mengalami perubahan bentuk tubuh, dan nyeri punggung yang berlangsung lama. Yoga merupakan salah satu terapi *Non-Farmakologi* untuk mengurangi gejala nyeri pada ibu hamil. **Tujuan:** Untuk Menganalisa apakah ada Hubungan pengetahuan dengan minat ibu hamil dalam penerapan yoga hamil di Puskesmas Piyungan bantul. **Metode:** Penelitian ini menggunakan metode *Correlation study* dengan pendekatan *Cross-Sectional*. Populasi penelitian ini adalah seluruh ibu hamil trimester I di Puskesmas Piyungan Bantul. Sampel yang digunakan adalah *Purposive sampling-Nonprobability*. Teknik analisis menggunakan analisis Univariat dan analisis Bivariat menggunakan *Uji Non Parametrik - Uji Spearman Rank*. **Hasil penelitian:** didapatkan hasil Uji spearman rank dengan sig.0,006 yang menunjukkan $< 0,05$. **Kesimpulan :** ada hubungan pengetahuan dengan minat ibu hamil dalam penerapan yoga di Puskesmas Piyungan Bantul.

Kata Kunci: Pengetahuan, Minat, yoga hamil

Keterangan:

1. Mahasiswa Program Studi S1 Kebidanan UNJAYA
2. Dosen Program Studi S1 Kebidanan UNJAYA

THE RELATIONSHIP BETWEEN KNOWLEDGE AND PREGNANT WOMEN'S INTEREST IN IMPLEMENTING PREGNANT YOGA AT THE PUSKESMAS PIYUNGAN BANTUL YOGYAKARTA 2024

Erlima Boru Sinaga¹, Ratih Kumoro jati²

Bachelor of Midwifery study program, General Achmad Yani University
Yogyakarta

Email: erlima.sinaga@gmail.com

ABSTRACT

Background: Pregnancy yoga is a mind processing skill, in the form of a comprehensive personality development technique both physically, psychologically and spiritually. Antenatal yoga can help pregnant women control their thoughts, desires and reactions to stress. Pregnant women in the third trimester of pregnancy have symptoms of back pain which causes them to feel uncomfortable when doing something or feel disturbed, experience changes in body shape, and long-lasting back pain. Yoga is a *non-pharmacological* therapy to reduce pain symptoms in pregnant women. **Objective:** To analyze whether there is a relationship between knowledge and the interest of pregnant women in the application of pregnant yoga at the Piyungan bantul health center. **Methods:** This study used *Corrrelation study* method with *Cross-Sectional* approach . The population of this study were all first trimester pregnant women at the Piyungan Bantul Health Center. The sample used was *purposive sampling-nonprobability*. The analysis technique used Univariate analysis and Bivariate analysis using *Non Parametric Test - Spearman Rank Test*. **Research results:** Spearman rank test results obtained with sig.0.006 which shows <0.05 . **Conclusion:** there is a relationship between knowledge and the interest of pregnant women in the application of yoga at the Piyungan Bantul Health Center.

Keywords: Knowledge, Interest, pregnant yoga

Description:

1. Students of UNJAYA Midwifery S1 study program
2. Lecturers of the UNJAYA Midwifery S1 study program