

## INTISARI

### GAMBARAN PENGETAHUAN IBU HAMIL TM II TENTANG SENAM HAMIL DI BPS WATI SUBAGYA SLEMAN

Eka Suharti<sup>1</sup>, Imroatul Azizah<sup>2</sup>

**Latar Belakang :** Angka Kematian Ibu (AKI) di Indonesia yang berkaitan dengan kehamilan, persalinan, dan nifas sebesar 359 per 100.000 kelahiran hidup tahun 2013. Ibu hamil TM II perlu menjaga kesehatan tubuhnya dengan melakukan senam hamil. Ibu yang tidak melakukan senam hamil lebih rentan mengalami ketegangan jiwa dan fisik yang menyebabkan otot dan persendian kaku. Studi pendahuluan di BPS Wati Subagya Sleman menunjukkan empat ibu tidak tahu tentang senam hamil. Sedangkan, tiga ibu tahu mengenai senam hamil, tetapi hanya sebatas manfaat dan cara melaksanakannya.

**Tujuan Penelitian :** Untuk mengetahui gambaran pengetahuan ibu hamil TM II tentang senam hamil di BPS Wati Subagya Sleman.

**Metode Penelitian :** Metode penelitian *deskriptif kuantitatif*. Sampel diambil dengan teknik *total sampling*, sehingga diperoleh jumlah sampel sebanyak 35 responden. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan *distribusi frekuensi relatif* atau *prosentase*.

**Hasil Penelitian :** Pengetahuan tentang senam hamil pada ibu hamil TM II kategori cukup sebanyak 15 orang (42,9%). Pengetahuan tentang pengertian senam hamil kategori baik sebanyak 15 orang (42,9%), tujuan senam hamil kategori cukup sebanyak 16 orang (45,7%), manfaat senam hamil kategori baik sebanyak 15 orang (42,9%), syarat senam hamil kategori cukup sebanyak 15 orang (42,9%), kontraindikasi senam hamil kategori baik sebanyak 15 orang (42,9%), dan waktu senam hamil kategori cukup sebanyak 17 orang (48,6%).

**Kesimpulan :** Pengetahuan tentang senam hamil pada ibu hamil TM II kategori cukup.

Kata Kunci : pengetahuan senam hamil, ibu hamil TM II

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## **ABSTRACT**

### **THE DESCRIPTION OF KNOWLEDGE OF PREGNANT MOTHER TM II ABOUT PREGNANT GYMNASTICS IN BPS WATI SUBAGYA SLEMAN.**

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Background of Study: Maternal Mortality Rate (MMR) in Indonesia related to pregnancy, childbirth, and postpartum are 359 per 100,000 live births in 2013. Pregnant women TM II need to maintain a healthy body by doing pregnant gymnastics. Mothers who do not perform pregnant gymnastics are more susceptible to get mental and physical strain that causes muscles and joints stiff. in Preliminary studies in BPS Wati Subagya Sleman showed four mothers did not know about the pregnant gymnastics. Meanwhile, the three mothers know about pregnant gymnastics, but only for its benefits and how to do.

Objective of Study: This study aims to describe the knowledge of pregnant mothers TM II about pregnant gymnastics in BPS Wati Subagya Sleman.

Research Methods: this study is descriptive quantitative methods. Samples is taken through total sampling technique, in order to obtain the total sample of 35 respondents. The research instrument is questionnaire. The results is analyzed using relative frequency distribution or percentage.

Results Study: The knowledge about pregnant gymnastics on pregnant women TM II are in quite category as many as 15 people (42.9%). Knowledge about pregnant gymnastics definition is in good categories as many as 15 people (42.9%), the knowledge about purpose of pregnant gymnastics are in quite category as many as 16 people (45.7%), the knowledge of pregnant gymnastics benefits is in good categories as many as 15 people (42.9%), the knowledge about pregnant gymnastics requirements are in quite category as many as 15 people (42.9%), the knowledge about contraindication of pregnant gymnastics is in good category as many as 15 people (42.9%), and the knowledge about pregnant gymnastics time is in goodt category as many as 17 people (48.6%).

Conclusion: The knowledge of pregnant gymnastics on pregnant women TM II is in quite category..

Keywords: knowledge, pregnant gymnastics pregnant women TM II

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