

INTISARI

GAMBARAN PENGETAHUAN IBU HAMIL TENTANG SENAM HAMIL DIPUSKESMAS SIGALUH 1 KECAMATAN SIGALUH KABUPATEN BANJARNEGARA TAHUN 2009¹

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Senam hamil merupakan salah satu kebutuhan fisik ibu hamil yang harus dipenuhi. Namun demikian masih banyak ibu hamil yang belum melaksanakan kegiatan ini. Hal tersebut kemungkinan disebabkan karena ketidaktahuan ibu hamil tentang senam hamil. Penelitian ini bertujuan untuk mengetahui bagaimana gambaran pengetahuan ibu hamil tentang senam hamil di puskesmas Sigaluh 1 kecamatan Sigaluh Kabupaten Banjarnegara tahun 2009.

Metode penelitian yang digunakan adalah deskriptif survey dengan pendekatan cross sectional dan waktu penelitian adalah bulan Nopember 2009. Pengumpulan data menggunakan kuesioner dengan subyek penelitian 36 orang ibu hamil. Analisa data dalam bentuk distribusi frekuensi dengan prosentase.

Hasil penelitian menunjukkan 94,4% tingkat pengetahuan ibu hamil tentang senam hamil adalah baik. Menyesuaikan jadwal kegiatan senam hamil dengan jadwal pemeriksaan kehamilan mungkin merupakan salah satu intervensi yang dapat dilakukan agar ibu hamil bisa mengikuti senam hamil

Kata kunci : Pengetahuan, Ibu Hamil, Senam Hamil.

Kepustakaan : 24 buku (1998-2008)

1 Judul Karya Tulis Ilmiah

2 Mahasiswa PRODI Kebidanan STIKES A Yani Yogyakarta

3 Dosen Pembimbing Politeknik Banjarnegara

4 Dosen Pembimbing Politeknik Kesehatan Yogyakarta

5 Dosen Penguji Politeknik Kesehatan Yogyakarta

ABSTRACT

DESCRIPTION OF PREGNANT KNOWLEDGE ABOUT PREGNANT GYMNASTIC IN PUBLIC HEALTH CENTER SIGALUH 1 SUBDISTRICT BANJARNEGARA YEAR 2009¹

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Pregnant gymnastic is one of physical requirement that must be full filled by mother. However there are lot of pregnancies that do not implement this activity yet. In this case the possibility is caused by pregnant who do not know about pregnant gymnastic. The purpose of this research is to know about the description of pregnant knowledge about pregnant gymnastic in Public Health Center Sigaluh 1 sub district Banjarnegara year 2009.

Research method that is used in this survey is descriptive survey with cross sectional approach and the month of survey is November 2009. Data collection use the questionnaire with the subject research 36 pregnancies that have done on November 2009. Data Analysis is in distribution frequency form with the percentage.

Research result indicated that 94,4% knowledge level of pregnancies about pregnant gymnastic is good. Adjust the schedule of pregnant gymnastic activity with pregnancy checkup possible is one of interventions that can be done in order to pregnancies will be able to follow the pregnant gymnastic.

Keyword : Knowledge, Pregnancies, Pregnant Gymnastic
Literature : 24 books (1998 – 2008)

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1. Title of written erudition
 2. Collegians of Midwifery Program Study STIKES A Yani Yogyakarta
 3. Guide lectures of Banjarnegara Polytechnic
 4. Guide lectures of Yogyakarta Health Polytechnic
 5. Examiner lectures of Yogyakarta Health Polytechnic