

EVALUATION COUNSELLING OF PREGNANCY EXERCISE
IN BPS INDRIYATI BANTUL
YEAR 2010

Wahyu Nengsih¹, Sri Werdati², Tri Sunarsih³

ABSTRACT

Background: Pregnant Gymnastics is a physical and mental exercises that can improve physical and mental readiness related to pregnancy and childbirth, so expedite the delivery process.

Objective: To determine your level of education evaluation in pregnant women doing gymnastics pregnant at BPS Indriyati Bantul, Yogyakarta, in 2010.

Methods: *Quasi-experimental* research method using *pre-test* and *posttest* with no control group. Location Indriyati BPS research in Bantul, Yogyakarta. The sampling technique using sampling techniques and data analysis using the saturation formula Paired t-test.

Results: The study showed there was an increased level of knowledge of pregnant women about pregnancy exercise. With the average value before and after pregnancy exercise, *pre-test* 22 respondents (73.3%), and *post-Test* 25 respondents (83.3%) with an average increase in the value *group should pre-test* and *post-tests at 10%*. This study uses a *pre-test* and *post-test design using the formula T-test or test T. The data in if using the paired t-test.*

Conclusion: This study is an analysis of products has been proven that there is increased knowledge of pregnant women and the improvement after evaluation at categorize good pregnancy exercise. This is proved by the difference in average values between *pre-test* and *post-tests at 10%*.

Key words: Counselling, Evaluation, Pregnancy Exercise

EVALUASI PENYULUHAN SENAM HAMIL
DI BPS INDRIYATI BANTUL
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Wahyu Nengsih¹, Sri Werdati², Tri Sunarsih³

INTISARI

Latar Belakang: Senam hamil merupakan latihan fisik dan psikis supaya mampu meningkatkan kesiapan fisik dan mental yang berkaitan dengan kehamilan dan persalinan sehingga memperlancar proses persalinan.

Tujuan: Untuk mengetahui Evaluasi penyuluhan tingkat kemampuan ibu hamil dalam melakukan senam hamil di BPS Indriyati Bantul Yogyakarta Tahun 2010.

Metode Penelitian: Metode penelitian menggunakan Quasi *experiment pre-test* dan *posttest* tanpa kelompok kontrol . Lokasi penelitian di BPS Indriyati Bantul Yogyakarta. Teknik pengambilan sampel menggunakan teknik *sampling jenuh* dan analisa data menggunakan rumus *Paired t-test*.

Hasil: Penelitian menunjukkan terdapat peningkatan tingkat pengetahuan ibu hamil tentang senam hamil. Nilai rerata senam hamil sebelum dan sesudah, pre-test 22 responden (73,3%), dan post-test 25 responden (83,3%) dengan peningkatan nilai rata-rata anatara pre-tes dan pos-tes sebesar 10%. Penelitian ini menggunakan *pre-tes and pos-tes design* menggunakan rumus *T-tes* atau uji T. Data di olah menggunakan *paired t-test*.

Kesimpulan: Penelitian ini adalah dari hasil analisis yang telah dilakukan terbukti ada peningkatan pengetahuan ibu hamil dan hasil peningkatan setelah dilakukan evaluasi senam hamil di kategorikan baik. Hal ini di buktikan dengan perbedaan nilai rata-rata antara pre-tes dan pos-tes sebesar 10%.

Kata Kunci: Penyuluhan, Evaluasi, Senam Hamil

¹ Mahasiswa Jurusan Kebidanan STIKES A Yani Yogyakarta

² Pembimbing I STIKES A Yani Yogyakarta

³ Pembimbing II STIKES A Yani Yogyakarta