

**HUBUNGAN SIKAP IBU HAMIL TENTANG SENAM HAMIL  
TERHADAP KEIKUTSERTAAN SENAM HAMIL  
DI PUSKESMAS DAHLIA TAHUN 2023**

**INTISARI**

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**Latar Belakang :** Senam hamil merupakan salah satu upaya yang diselenggarakan oleh pemerintah di puskesmas guna menurunkan AKI dengan meningkatkan pemahaman mengenai kehamilan pada ibu khususnya usia 22-37 minggu yang bertujuan meningkatkan pengetahuan, keluhan selama kehamilan, dan perawatan kehamilan.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui hubungan sikap ibu hamil tentang senam hamil terhadap keikutsertaan senam hamil di puskesmas dahlia kota makassar.

**Metode :** Desain penelitian ini adalah penelitian *Observasional Analitik* dengan menggunakan metode analitik dengan pendekatan *Cross Sectional Study*.

**Hasil :** Berdasarkan hasil uji statistik dengan menggunakan uji *Chi-Square (fisher's Exact Test)* yang telah dilakukan, diperoleh nilai  $\rho = 0,015 < \text{nilai } \alpha = 0,05$  maka  $H_a$  diterima dan  $H_o$  ditolak artinya bahwa ada hubungan antara sikap ibu tentang senam hamil terhadap keikutsertaan senam hamil di Puskesmas Dahlia Kota Makassar.

**Kesimpulan :** Dari hasil penelitian ini menunjukkan adanya hubungan antara sikap ibu tentang senam hamil terhadap keikutsertaan senam hamil di Puskesmas Dahlia Kota Makassar dengan nilai  $\rho = 0,015 < \text{nilai } \alpha = 0,05$ .

**Kata Kunci:** Kehamilan, Sikap, Senam Hamil

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**THE RELATIONSHIP OF PREGNANT WOMEN'S ATTITUDE ABOUT  
PREGNANT GYMNASTICS TO THE PARTICIPATION OF  
PREGNANT WOMEN'S EXERCISE IN THE DAHLIA  
PUBLIC HEALTH CENTER 2023**

**ABSTRAK**

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**Background:** Pregnancy exercise is one of the efforts organized by the government at the puskesmas to reduce MMR by increasing understanding of pregnancy in mothers, especially those aged 22-37 weeks which aims to increase knowledge, complaints during pregnancy, and pregnancy care.

**Purpose:** This study aims to determine the relationship between the attitude of pregnant women about pregnancy exercise and the participation of pregnancy exercise in the Dahlia Public Health Center, Makassar City.

**Methods:** The design of this study was an analytical observational study using analytic methods with a cross sectional study approach.

**Results:** Based on the results of statistical tests using the Chi-Square test (fisher's Exact Test) that has been carried out, it is obtained that the value of  $p = 0.015 <$  the value of  $\alpha = 0.05$  then  $H_a$  is accepted and  $H_o$  is rejected, meaning that there is a relationship between mother's attitude about pregnancy exercise and participation of pregnancy exercise at the Dahlia Community Health Center, Makassar City.

**Conclusion:** The results of this study indicate that there is a relationship between mothers' attitudes about pregnancy exercise and participation in pregnancy exercise at the Dahlia Health Center in Makassar City with a value of  $p = 0.015 <$  value of  $\alpha = 0.05$ .

**Keywords :** Pregnancy, Attitude, Pregnancy Exercise

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