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THE ILLUSTRATION OF MOTIVATION TRIMESTER PREGNANT WOMEN II-III IN THE FOLLOWING PREGNANCY EXERCISE IN BPS NURLEILI RAMBEANAK IV MUNGKID, MAGELANG REGENCY

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Background: Pregnancy is a period that well as the vulnerable and worried, because there was a lot of changes, both physically and psychologically. The possible changes could be a factor complications during pregnancy and during labor. So that the process does not progress to pathological conditions and a healthy mother and baby in an optimal, it would require efforts from the outset. One effort to do pregnant women get pregnant is to do gymnastics.

Research goal: To know the description of the motivation of pregnant women Trimester II-III in the follow pregnancy exercise in BPS Mariyah Nurleili Rambeanak IV Mungkid, Magelang Regency.

Research methods: This research uses qualitative research methods with interpretive approach. The data was collected by questionnaires and depth interviews with five pregnant women. Validity of data using triangulation of sources and analysis of themes.

Research findings: Motivation pregnant women Trimester II-III to follow pregnancy exercise is based on the need to address the complaints of a physical and psychic during pregnancy, pregnancy exercise and the benefits that can be felt in the follow pregnancy exercise. Husband to motivate pregnant women to follow pregnancy exercise by reminding or wife to deliver the BPS. Similarly, midwives to motivate pregnant women by giving announcements and suggestions to follow pregnancy exercise program.

Conclusion: Motivation pregnant Trimester II-III to follow pregnancy exercise comes from the drive to meet the physiological needs, psychological as well as the support of her husband and midwife in Connecticut. However, its participation is not routine (sometimes) is because pregnant women busy at work and other activities.

Key words: Motivation, Pregnant women Trimester II-III, pregnancy exercise.

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ABSTRAK

GAMBARAN MOTIVASI IBU HAMIL TRIMESTER II-III DALAM MENGIKUTI SENAM HAMIL DI BPS MARIYAH NURLEILI RAMBEANAK IV KECAMATAN MUNGKID KABUPATEN MAGELANG

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Latar Belakang : Masa kehamilan merupakan masa yang membahagikan sekaligus masa yang rawan serta mencemaskan, karena terjadi banyak sekali perubahan, baik fisik maupun psikis. Perubahan yang terjadi tersebut dimungkinkan dapat menjadi faktor penyulit selama masa kehamilan maupun masa persalinan. Agar proses tidak berkembang menjadi keadaan patologis dan ibu serta bayi sehat secara optimal, maka diperlukan upaya-upaya sejak dini. Salah satu upaya yang bisa dilakukan ibu hamil ialah melakukan senam hamil.

Tujuan Penelitian : untuk mengetahui gambaran motivasi ibu hamil Trimester II-III dalam mengikuti senam hamil di BPS Mariyah Nurleili, Kecamatan Mungkid Kabupaten Magelang.

Metode Penelitian : Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan interpretive. Pengumpulan data dilakukan dengan kuesioner dan wawancara mendalam terhadap 5 ibu hamil. Keabsahan data menggunakan triangulasi sumber dan analisis tema.

Hasil Penelitian : Motivasi ibu hamil Trimester II-III mengikuti senam hamil didasarkan pada adanya kebutuhan untuk mengatasi keluhan yang bersifat fisik dan psikis selama masa kehamilan, serta adanya manfaat senam hamil yang bisa dirasakan dalam mengikuti senam hamil. Suami memberi motivasi ibu hamil untuk mengikuti senam hamil dengan cara mengingatkan atau mengantarkan isteri ke BPS. Begitu pula bidan memotivasi ibu hamil dengan cara memberi pengumuman dan anjuran untuk mengikuti program senam hamil.

Kesimpulan : Motivasi ibu hamil Trimester II-III mengikuti senam hamil berasal dari dorongan untuk memenuhi kebutuhan fisiologis, psikologis serta adanya dukungan dari suami dan bidan di BPS. Akan tetapi, keikutsertaannya yang tidak rutin (kadang-kadang) disebabkan karena para ibu hamil sibuk bekerja dan beraktivitas lainnya.

Kata kunci : Motivasi, Ibu hamil Trimester II-III, Senam hamil

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