

**THE RELATIONSHIP LEVEL OF KNOWLEDGE PREGNANT MOTHER
WITH IN TERESTS IN FOLLOWING OF PREGNANCY GYMNASIC
IN BP RB BINA BANTUL YOGYAKARTA
YEAR 2011**

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ABSTRACT

Background : Pregnant mother can maintain a healthy body and the fetus who she's carrying to perform optimally with doing pregnancy gymnastic as regularly and intensively. Preliminary studies conducted in BP RB Bina Sehat Bantul Yogyakarta, there are populations of pregnant mother account 39 peoples and who doing pregnancy gymnastic account 20 peoples. One of the factors that affect interest to follow pregnancy gymnastic is knowledge. The more positive aspects of pregnancy gymnastic is known then it will lead to more positive attitudes toward pregnancy gymnastic.

Objectives of research : Knowing the relationship of knowledge pregnant mother about pregnancy gymnastic with interesting of following pregnancy gymnastic in BP RB Bina Sehat year 2011.

Methods of research : The method in this research is method survey with analytic cross-sectional design. Samples were taken with accidental sampling technique that is pregnant TM II and III are located in Bantul, Yogyakarta, BP RB Bina Sehat many as 30 people. Research instruments are questionnaires and results were analyzed by the correlation formula Kendal tau correlations.

Result of research : The level of knowledge of pregnant mother in BP RB Bina Sehat Kasihan Bantul are mostly quite as many as 16 people (53.3%). Most pregnant mother in BP RB Bina Sehat Kasihan Bantul interested follow pregnancy gymnastic as much as 19 people (63.3%). Kendal tau test results obtained by the correlation coefficient (τ) of 0.533 and p-value of 0.000 < 0.05.

Conclusion : There is a significant relationship between the level of knowledge mother about pregnancy gymnastic with an interest to follow pregnancy gymnastic for pregnant mother in BP RB Bina Sehat Kasihan Bantul.

Key words : Knowledge of pregnant mother with interesting for following pregnancy gymnastic.

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**HUBUNGAN TINGKAT PENGETAHUAN IBU HAMIL DENGAN MINAT
MENGIKUTI SENAM HAMIL DI BP RB BINA SEHAT
BANTUL YOGYAKARTA
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INTISARI

Latar Belakang : Ibu hamil dapat menjaga kesehatan tubuh dan janin yang dikandungnya secara optimal dengan melakukan senam hamil secara teratur dan intensif. Studi pendahuluan yang dilakukan di BP RB Bina Sehat Bantul Yogyakarta, terdapat populasi ibu hamil 39 orang dan yang melakukan senam hamil sebanyak 20 orang. Salah satu faktor yang mempengaruhi minat mengikuti senam hamil adalah pengetahuan. Semakin banyak aspek positif yang diketahui dari senam hamil maka akan menimbulkan sikap makin positif terhadap senam hamil.

Tujuan Penelitian : Mengetahui hubungan pengetahuan ibu hamil tentang senam hamil dengan minat mengikuti senam hamil di BP RB Bina Sehat tahun 2011.

Metode Penelitian : Metode dalam penelitian ini adalah metode survey analitik dengan rancangan *cross sectional*. Sampel diambil dengan teknik *accidental sampling* yaitu ibu hamil TM II dan III yang berada di BP RB Bina Sehat Bantul Yogyakarta sebanyak 30 orang. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan rumus korelasi korelasi Kendal tau.

Hasil penelitian : Tingkat pengetahuan ibu hamil di BP RB Bina Sehat Kasihan Bantul sebagian besar adalah cukup sebanyak 16 orang (53,3%). Sebagian besar ibu hamil di BP RB Bina Sehat Kasihan Bantul berminat mengikuti senam hamil sebanyak 19 orang (63,3%). Hasil uji Kendal tau diperoleh nilai koefisien korelasi (τ) sebesar 0,533 dan p -value sebesar $0,000 < 0,05$.

Kesimpulan : Ada hubungan yang signifikan antara tingkat pengetahuan ibu hamil tentang senam hamil dengan minat mengikuti senam hamil pada ibu hamil di BP RB Bina Sehat Kasihan Bantul.

Kata kunci : Pengetahuan ibu hamil tentang senam hamil, minat mengikuti senam hamil.

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