

# The Effect Of Pregnancy Gymnastics Training On Improving Pregnancy Gymnastics Skills In Pregnant Women In The Working Area Of The Polokarto Health Center

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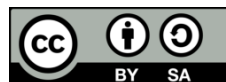
## ABSTRACT

Pregnancy involves various physical changes and physiological changes. These physiological and psychological changes cause specific symptoms according to the stage of pregnancy. The changes that occur during pregnancy generally cause discomfort such as back pain, aches in the legs, fatigue, difficulty sleeping, shortness of breath, edema in the feet and hands, aches in the waist, varicose veins and cramps in the legs. Pregnancy exercise is one way to reduce disturbances/complaints during pregnancy. This research is researchquasi-experiment(*quasi experiment*) with a total sample of 40 people. The sampling technique in this research is *purposive sampling*. The inclusion criteria in this study were pregnant women in the second and third trimesters. Data analysis using the Wilcoxon test. The results of this research showed that the pregnancy exercise skills of pregnant women in the Polokarto Community Health Center working area before the pregnancy exercise training were carried out were at the sufficient criteria, namely 38 people (95%). Pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area after the pregnancy exercise training were carried out at most were good criteria, namely 23 people (57.5%). The p value = 0.000 (p-value < 0.05) so it can be concluded that there is an influence of pregnancy exercise training on improving pregnancy exercise skills/practice among pregnant women in the Polokarto Community Health Center working area.

### Keywords:

Influence, Training, Pregnancy Exercise, Skills, Pregnant Women

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## 1. INTRODUCTION

Pregnancy is a process that normal and natural for a woman. Pregnancy begins with the union of sperm and egg (fertilization). Pregnancy is divided into 3 trimesters. During pregnancy physical, mental and social changes occur. Pregnancy involves various physical and physiological changes [1].

These changes in pregnancy cause specific symptoms according to the stages of pregnancy which consist of three trimesters. The changes that occur during pregnancy generally cause discomfort [2]. Discomfort during pregnancy includes dizziness, frequent urination, constipation, shortness of breath, swollen legs, sleep disturbances and waist/back pain [3].

One way to reduce disturbances/complaints during pregnancy is physical exercise or pregnancy exercises. Pregnancy exercise plays a role in strengthening contractions and maintaining the flexibility of the abdominal wall muscles, ligaments, pelvic floor muscles and others that withstand the additional pressure associated with childbirth. Pregnancy exercise has benefits, namely for body care and reducing the emergence of various disorders due to changes in body posture [2].

Pregnancy exercise is a fitness program intended for pregnant women. Pregnancy exercise has special principles that are adapted to the condition of pregnant women. The exercises in pregnancy exercise are specifically designed to make pregnant women healthy and fit, can reduce complaints that arise during pregnancy, and prepare the mother physically and psychologically for childbirth [4].

Pregnancy exercise has many benefits, namely improving blood circulation. Pregnancy exercises are carried out to help the mother's physical readiness for childbirth and help overcome discomfort in the third trimester. [2]. The benefits of regular pregnancy exercise are very helpful in maintaining health and smooth delivery and postpartum processes because pregnancy exercise will make the body flexible, especially the muscles of the birth canal. This muscle flexibility is very necessary because when facing childbirth the mother is usually hit by anxiety and panic, then this situation causes the muscles to become tense [5].

Supiani et al.'s 2022 research also states that there is a significant influence between Pregnancy Exercise using Audio Visual on the Skills of Pregnant Women in the Sesela Health Center Work Area. A person's ability to perform actions/skills is also influenced by how a person obtains the knowledge and skills that a person has. Knowledge and skills can be obtained by listening, seeing and trying to carry out the skills through demonstrations and audio visuals (video). Someone who has not been exposed to certain

skills will perform these skills according to the knowledge they have or how they try (*trial and error*) [6].

Based on the results of a preliminary study conducted in pregnant women's classes in the Polokarto Community Health Center working area, it was found that 7 out of 10 pregnant women (2nd and 3rd trimester) who were observed stated that they did not have the skills to do pregnancy exercises. Referring to this problem.

The aim of this research is to determine the effect of pregnancy exercise training on improving pregnancy exercise skills among pregnant women in the Polokarto Community Health Center work area.

## 2. RESEARCH METHODS

This research uses a quantitative research approach. This research is a quasi-experimental research (*quasi experiment*) by design *pretest-posttest without control group design*. This research was carried out in the Polokarto Health Center Work Area in June 2023 - July 2023. The population in January 2023 was 1120 people. The sampling technique used in this research is *purposive sampling*. The sample in this study was 40 people. The test used to determine the effect of pregnancy exercise training on improving pregnancy exercise skills in the Polokarto Community Health Center work area is the Wilcoxon test.

## 3. RESULTS

- 3.1. Pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area before pregnancy exercise training is carried out

The pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area before the pregnancy exercise training is carried out are as follows:

Table 1. Pregnancy exercise skills of pregnant women in the Polokarto Community Health Center working area before pregnancy exercise training

Criteria	Frequency (n)	Present %
Good	0	0
Enough	38	95
h		
Less	2	5

Based on table 1, it shows that the pregnancy exercise skills of pregnant women in the Polokarto Community Health Center working area before the pregnancy exercise training were carried out at most were sufficient criteria, namely 38 people (95%).

- 3.2. Pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area before pregnancy exercise training is carried out

The pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area before the pregnancy exercise training is carried out are as follows:

Table 2. Pregnancy exercise skills of pregnant women in the Polokarto Community Health Center working area before pregnancy exercise training

Criteria	Frequenc y (n)	Present %
Good	23	57.5
Enough	17	42.5
Less	0	0

Based on Table 2 showed that the majority of pregnant women's exercise skills in the Polokarto Community Health Center working area after carrying out pregnancy exercise training were of good criteria, namely 23 people (57.5%).

### 3.3 Analysis of the influence of pregnancy exercise training on improving the skills/practice of pregnancy exercise among pregnant women in the Polokarto Community Health Center working area

Table 3. Analysis of the influence of pregnancy exercise training on improving pregnancy exercise skills/practice among pregnant women in the Polokarto Health Center working area.

Based on table 3, it is found that the p value = 0.000 (p-value < 0.05) so it can be concluded that there is an influence of pregnancy exercise training on improving the skills/practice of pregnancy exercise among pregnant women in the Polokarto Community Health Center working area.

## 4. DISCUSSION

Based on table 1, it shows that the pregnancy exercise skills of pregnant women in the Polokarto Community Health Center working area before the pregnancy exercise training were carried out at most were sufficient criteria, namely 38 people (95%). This is not in line with research by Supiani et al in 2022 that the majority of pregnant women's skills before being given treatment (pre-test) were 26 (68.4%) lacking. According to research by Nurhudhariani, et al, a person's ability to carry out actions/skills is also influenced by how a person obtains the knowledge and skills that a person has. Knowledge and skills can be obtained by listening, seeing and trying to carry out those skills through demonstrations. Someone who has not been exposed to certain skills will perform these skills according to the knowledge they have or by trial and error. Knowledge is the result of knowing, and this occurs after people sense a particular object. Sensing occurs through the five human senses. Most human knowledge is obtained through the eyes and ears [6].

Based on Table 2 showed that the majority of pregnancy exercise skills among pregnant women in the Polokarto Community Health Center working area after pregnancy exercise training were of good criteria, namely 23 people (57.5%). This is in line with Supiani's 2022 research that the skills (pregnancy exercise) of pregnant women after being given treatment (post test) the majority of mothers had good skills, 22 respondents (57.9%). Training (providing material related to pregnancy exercise) influences pregnant women's knowledge because with learning media, it is easier for health workers to convey materials/messages so that pregnant women can understand the material clearly and precisely [6].

Skills	n	median minimum- maximum	p
Pre test	40	14 (9-16)	0.000
Post test	40	19 (14-23)	

Based on table 3, it is found that the p value = 0.000 (p-value < 0.05) so it can be concluded that there is an influence of pregnancy exercise training on improving the skills/practice of pregnancy exercise among pregnant women in the Polokarto Community Health Center working area. The results of this research are in line with the results of research by Nurhudhariani et al in 2015 which stated that there was an influence of pregnancy exercise training on improving pregnancy exercise skills in the Karangmudu Semarang Health Center Work Area. Pregnancy exercise training was able to improve pregnancy exercise skills effectively because all skills after carrying out pregnancy exercise training increased by 15 people. There is a difference in skills before and after implementing pregnancy exercise training with a 2 tailed Asymp sig value of 0.000 < p value 0.05 [4].

The results of Nirwana et al.'s research in 2022 with the title "Pregnancy exercise training for pregnant women in the Pregnancy Class at Gemarang Community Health Center" also stated that the results of the training were an increase in pregnant women's knowledge about pregnancy exercise properly and correctly [7].

Knowledge and skills can be obtained by listening, seeing and trying to do skills. Someone who has not been exposed to certain skills will perform these skills according to the knowledge they have or try (trial and error) [6].

Pregnancy exercise is one of the activities in services during pregnancy and prenatal care which aims to prepare and train muscles so that they can be utilized optimally in normal childbirth. If you look closely, pregnancy exercise movements contain a relaxing effect which can stabilize the emotions of pregnant women.

Through pregnancy exercises, mothers will be taught how to reduce anxiety and reduce fear by physically and mentally relaxing, as well as getting information that prepares them to experience what will happen during labor and birth. Pregnant women are not required to do pregnancy exercises, but doing pregnancy exercises will provide benefits during the pregnancy and birth process. The purpose of pregnancy exercises is to provide encouragement and train the mother physically and spiritually in stages so that the mother is able to face childbirth calmly so that the birth process can run smoothly and easily [ 8].

Pregnancy exercise has several benefits. The benefits of pregnancy exercise are improving blood circulation. Pregnancy exercises are carried out to help the mother's physical readiness for childbirth and help overcome discomfort in the third trimester (Suryani & Handayani, 2018). The benefits of regular pregnancy exercise help in maintaining health and a smooth delivery and postpartum process because pregnancy exercise will make the body flexible, especially the muscles of the birth canal. This muscle flexibility is very necessary because when facing childbirth the mother is usually hit by anxiety and panic, then this situation causes the muscles to become tense (Afdila & Kamila, 2022). Pregnancy exercise can be beneficial for body care and reducing the emergence of various disorders due to changes in body posture. Pregnancy exercise training cannot be said to be perfect if its implementation is not organized regularly and intensively. According to research by Marwiyah and Sufi in 2018, pregnancy exercise can increase comfort for pregnant women so that it can improve sleep quality[9].

The benefit of pregnancy exercise is to prevent perineal tears, namely by maintaining the elasticity of the perineum. Increasing the elasticity of the perineum can be done with pregnancy exercises. Pregnancy exercise is a form of exercise to strengthen and maintain the elasticity of the abdominal wall muscles, ligaments, pelvic floor muscles which are associated with the birthing process [10].

## 5. CONCLUSION

- a. Pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area before the pregnancy exercise training was carried out at most were sufficient criteria, namely 38 people (95%).
- b. Pregnancy exercise skills for pregnant women in the Polokarto Community Health Center working area after the pregnancy exercise training were carried out at most were good criteria, namely 23 people (57.5%).

- c. There is an influence of pregnancy exercise training on improving the skills/practice of pregnancy exercise among pregnant women in the Polokarto Community Health Center working area.

## 6. SUGGESTION

- a. For pregnant women  
It is hoped that pregnant women can understand and gain insight into pregnancy exercises and that pregnant women can do pregnancy exercises correctly.
- b. For Institutions  
For related educational institutions, it is hoped that the results of this research can become learning material for undergraduate midwifery education students with credit transfer and others, so that they can carry out development innovations related to pregnancy exercise training.
- c. Further Research  
Researchers hope that the results of this research can be used as a reference for further research. Future research can conduct qualitative research to obtain more varied and in-depth data. For future researchers who will conduct similar research, it is best to use a mix method to study pregnancy exercise in more depth. And it is recommended that further research expand the research variables.

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