

KNOWLEDGE OF PRIMIGRAVIDA'S WOMEN TROUGHS PREGNANCY EXERCISE

Sriyatin¹, Diah Martin²

¹Politeknik Kemenkes Tasikmalaya, Cirebon, Indonesia

Correspondence: atinsriyatin@yahoo.co.id

ABSTRACT

Pregnancy exercise is a physical exercise for pregnant women to prepare them physically or mentally to face childbirth. The number of ANC classes with pregnancy exercise programs was 76 classes in Cirebon City in 2015. The purpose of this study was to determine the knowledge of Primigravida women about pregnancy exercise. This research applied a descriptive method. The sample was chosen using purposive sampling technique. The number of samples is 37 pregnant women. The research location in Kalitanjung Community Health Center, Cirebon City. Respondents filled out questionnaires about knowledge related to pregnancy exercise. Data is analyzed by percentage, and presented in the form of a table. The results of the study showed that the knowledge level of primigravida women who had attended the pregnancy exercise class was good 7.1%, moderate 50%, and insufficient 42.9%. Whereas, primigravida women who have never had a pregnancy exercise class, 1.7% of them have a good knowledge, moderate 52.2%, and low 46.1%. Knowledge of primigravida women who have and have never attended classes for pregnant women varies, but most at the level of knowledge are at the moderate level. It is expected that pregnant women can add information about pregnancy exercise and increase their motivation to do pregnancy exercises so it would enhance pregnancy and infant's health.

Keywords: knowledge, pregnancy exercise, primigravida

INTRODUCTION

Pregnancy exercise is a physical exercise for pregnant women to prepare them both physically and mentally in facing and preparing for childbirth (Anggriana & Atikah, 2010). According to data from the Health Office of Cirebon City in 2015 the number of pregnant women exercises class was 76 classes with a total of 1589 pregnant women participation (Dinas Kesehatan, 2015). The results of the study conducted by Suratiah et al. (2013) showed that the level of knowledge of primigravida women was insufficient (61.76%), and 32.14% in multipara women. A similar trend shown by Nur Aini's research (2003) found that the results of knowledge of pregnant women about pregnancy exercise were good knowledge of 10 respondents (33.3%), moderate of 7 respondents (23.3%), and insufficient knowledge was 13 respondents (43, 3%).

According to a preliminary study conducted at the PHC of Kalitanjung in Cirebon City, there were 283 primigravida women visits in July-December 2015, with an average of

47 women per month. The number of primigravida women visits in this PHC was 58 people from February to April 2016. Pregnant classes were attended by 40 women in 2015. From the preliminary study conducted on January 30, 2016, with questionnaires filled out by 10 respondents of pregnant women who had attended maternal classes in the PHC Kalitanjung Cirebon obtained the good knowledge of 1 person, who had moderate knowledge of 6 people and who had insufficient knowledge of 3 people. While, from 10 respondents of primigravida women who had never attended a mother's class found that a good knowledge mother was 1 person, moderate 5 people and those with insufficient knowledge was 4 women.

A comparative study conducted by researchers at the PHC of Kejaksaan in the City of Cirebon, it was found that the number of visits of primigravida women in July to December 2015 was 183 visits with an average of 30 people per month. The number of pregnant women who took classes in pregnant women at the Public the PHC of Kejaksaan was 45 people in 2015. The preliminary study to 10 respondents of pregnant women at the PHC Kejaksaan Cirebon City on June 3 found that 7 women with moderate knowledge, and 3 women with insufficient knowledge. Preliminary study on 10 respondents of primigravida women who had never attended an exercise class obtained 8 women had a moderate knowledge and 2 women with insufficient knowledge. Based on the results of the preliminary study the author interested in conducting a study to determine the knowledge of primigravida women about pregnancy exercise in the PHC of Kalitanjung in Cirebon City.

METHODS

This research was a descriptive quantitative study. The population in this study were primigravida women in the PHC of Kalitanjung Cirebon. The number of primigravida women in the PHC of Kalitanjung Cirebon in February to April 2016 was 58 people. The samples were chosen using purposive sampling technique, 37 pregnant women involved in this study, they divided into 2 groups which are 14 women who had attended pregnancy exercise classes, and 23 women had never taken a pregnancy exercise class. Data was collected by filling out the questionnaire. The questionnaire contains questions about pregnancy exercise and information sources used by women.

RESULTS

Characteristics of Respondents

Table 1. Characteristic of Respondents (n=37)

Component	Frequency (n)	Percentage %
Age		
<20	2	5,4
20-35	35	94.6
Education		
Elementary	13	35.1
Middle	21	56.8
High	3	8.1

Table 1 shows that the majority of respondents were in the age range of 20-35 years 94.6% and 5.4% of them were <20 years and attended secondary level of education (56.8%)

Prim gravidas’ Level of Knowledge

Table 2. Knowledge of Primigravida Women about Pregnancy Exercise

Level of knowledge	Do exercise	Not do exercise
	Frequency (%)	Frequency (%)
Good	1 (7.1%)	1 (4.3%)
Adequate	7 (50%)	10 (43.4%)
Insufficient	6 (42.9%)	12(52.2%)
Total	14	23

Table 2 shows that the majority of respondents had moderate knowledge 50% of pregnancy exercise and only 7.1% a good knowledge. Whereas, the non-exercise group found that the majority of respondents had moderate knowledge 52.2% and 21.7%.of them had insufficient knowledge of exercise in pregnancy.

Source of Information

Table 3. Source of Information

Source of Information	Frequency (n)	Percentage (%)
Printed Media	9	24,3
Electronic Media	8	21,6
Health workers	20	54,1
Total	37	100

Table 3 shows that the majority of respondents obtained information about pregnancy exercise from the health workers 20 respondents (54.1%) and the minority got information from electronic media 8 respondents (21.6%).

DISCUSSION

The results of the study showed that the frequency distribution of the respondents' ages was mostly 20-35 years old at (94.6%). This is in line with the results of research conducted by Intyaswati (2014), the majority of respondents were in the age range of 20-35 years (89%). Strengthened by the theory presented by Hasdianah (2013) that women aged 20-30 years are the ideal age for pregnancy and childbirth, the age of the woman's physical condition is in prime condition and mentally ready. According to Budiman and Agus (2013), age affects

one's perception and mindset. The mature age would improve the ability of women to capture and to develop a mindset so the knowledge gained and getting better. It could be interpreted that age of 20-35 years old would have the ability to think and receive information about pregnancy exercises.

The results of the study show that the education of respondents is mostly secondary education. In contrast to the research conducted by Suratiah, et al. (2013), the results of her study was the majority of respondents had a low education level and the economic level. The low level of family income would affect someone in continuing their education. According to Budiman and Agus (2013), Education influences the learning process, the higher the education the easier the person to receive information. With higher education, someone will tend to seek information, both from other people or mass media. However, someone who is low educated does not mean having low health knowledge. Women would be obtained the health knowledge from non-formal education.

Pregnant women who have attended classes for pregnant women are mostly housewives so they have more time than those who work. Pregnant women who are not able to take part in the pregnancy exercise held at the PHC may be caused by work so they do not have the opportunity to take classes in pregnant women. In addition, there are women who live far from health services, and they did not know about the implementation of pregnancy exercises such as the schedule and set of implementation. Another thing is the motivation of pregnant women to take part in pregnancy exercises.

Moderate or insufficient knowledge about pregnancy exercise may be caused due to limited information from health workers or other media, so there was the low participation of women in pregnancy exercises. This is in line with the research conducted by Suratiah, et al. (2013) which found that most pregnant women did not do pregnancy exercises and only a small proportion participated (74.44% and 15.56% respectively). Differences in research

results may be caused by several factors that influence knowledge. According to Budiman and Agus (2013) factors that influence the level of one's knowledge including age, education, sources of information, environment, experience, socio-cultural, and economic. In this case, women's low participation would be affected by their knowledge but it also depends on individuals who receive information. Although in this study the majority of respondents had never attended a class of pregnant women, the study found many respondents had learned information about pregnancy exercise from printed media, electronic media and health workers so that there were some mothers who had pregnancy exercises even though they had never attended classes for pregnant women. According to Mubarak (2011) that the ease of obtaining information can accelerate someone acquiring new knowledge.

The results of the study show that health workers are the main source of information. This is because the Puskesmas as a health service has a routine pregnancy class program so that pregnant women can participate. The percentage of health workers as a source of information for respondents shows that information obtained from health workers is more trusted by pregnant women than from print media, electronic media or other media. This is in line with research conducted by Etyca Sari (2016). It was found that most respondents received information on pregnancy exercise from health workers (86%).

According to Notoatmojo (2003), someone who has a lot of information sources will increase knowledge so that positive behavioral changes increase. According to Kartono (2003), information can be obtained at homes, schools, organizational institutions, printed media, television and health care facilities. Science and technology require information while producing information.

CONCLUSION

The level of knowledge of primigravida women who have attended a class of pregnant women is moderate both those who take classes pregnant or not. The main source of information for pregnant women is health workers. Health workers need to develop health education methods for pregnancy exercise and socialize the benefits of pregnancy exercise for pregnant women and families to increase their knowledge. The role of health workers is very important in providing information about health, especially pregnancy exercise. Health workers who are active in providing information to the public will help socialize various types of information that are very useful for the community, especially pregnant women.

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