

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KEBIDANAN TANJUNG KARANG
SKRIPSI, MEI 2019

Intan Tribella Ananda

Pengaruh Senam Hamil terhadap Tingkat Kecemasan Ibu Primigravida Trimester III di PMB Siti Hajar, SST Kabupaten Lampung Selatan Tahun 2019

xv + 73halaman, 7 tabel, 4 gambar, 12lampiran

ABSTRAK

Proses kehamilan identik dengan adanya masalah psikologis, pada ibu hamil emosi pada dirinya cenderung labil, sehingga dapat menimbulkan kecemasan terutama pada ibu primigravida (Mansur, Herawati. 2009). Puncak kecemasan biasaterjadi di akhir kehamilan yaitu pada trimester III. Kecemasan pada kehamilan dialamisekitar 80% ibu hamil (Janiwartydan Pieter, 2013). Berdasarkan hasil presurvey yang diperoleh dari PMB SitiHajar, SST Kabupaten Lampung Selatan, dari 6 responden ibu hamil trimester III, 85% diantaranya mengalami kecemasan dan 15% lainnya tidak mengalami kecemasan.

Tujuan dari penelitian ini adalah untuk diketahui Pengaruh Senam Hamil terhadap Tingkat Kecemasan Ibu Primigravida Trimester III di PMB Siti Hajar, SST Kabupaten Lampung Selatan Tahun 2019.

Jenis penelitian yang digunakan adalah *Pre-Eksperimental Designs* dengan pendekatan *One Group Pretest Posttest*. Populasi pada penelitian ini adalah seluruh ibu hamil trimester III di PMB Siti Hajar, SST Kabupaten Lampung Selatan. Sampel yang diambil berjumlah 18 orang ibu hamil trimester III yang memenuhi criteria sampel dalam penelitian untuk diberikan intervenes senam hamil. Data yang diambil berupa data primer, diuji dengan uji *Wilcoxon Matched Paires*, kemudian diolah dengan menggunakan komputer.

Berdasarkan hasil uji statistic *Wilcoxon Matched Paires* antara pengaruh senam hamil terhadap tingkat kecemasan ibu primigravida trimester III didapatkan nilai $=0,000$ sehingga $<0,05$. Hasil uji statistic ini membuktikan bahwa ada pengaruh senam hamil terhadap tingkat kecemasan ibu primigravida trimester III di PMB Siti Hajar, SST Kabupaten Lampung Selatan Tahun 2019.

Peneliti menyarankan kepada petugas kesehatan khususnya Bidan agar dapat mengaplikasikan senam hamil sebagai salah satu alternative untuk mengatasi kecemasan pada ibu primigravida

Kata kunci : Senam Hamil, Kecemasan, Hamil
Daftarbacaan : 36 (1997-2018)

HEALTH POLYTECHNIC OF TANJUNG KARANG
DEPARTMENT OF MIDWIFERY
SCRIPST, MAY 2019

IntanTribella Ananda

The Effect Of Pregnant Gymnastics On The Level Of Anxiety In Third Trimester Of Primigravida Mothers At PmbSitiHajar, Sst Regency South Lampung In 2019
xv + 73 pages, 7 tables, 4 pictures, 12 attachments

ABSTRACT

The pregnancy process is identical with psychological problems, in pregnant women emotions tend to be unstable, so that it can cause anxiety, especially in primigravida mothers (Mansur, Herawati, 2009). The peak of anxiety usually occurs at the end of pregnancy in the third trimester. Anxiety in pregnancy is experienced by about 80% of pregnant women (Janiwarty and Pieter, 2013). Based on the results of the presurvey obtained from PMB SitiHajar, SST, South Lampung Regency, of the 6 respondents of third trimester pregnant women, 85% of them experienced anxiety and the other 15% did not experience anxiety.

The purpose of this study was to determine The Effect Of Pregnant Gymnastics On The Level Of Anxiety In Third Trimester Of Primigravida Mothers At PmbSitiHajar, SST Regency South Lampung In 2019.

The type of research used was Pre Experimental Designs with the One Group Pretest Posttest approach. The population in this study were all third trimester pregnant women at PMB SitiHajar, SST, South Lampung Regency. Samples taken amounted to 18 of third trimester pregnant women who met the criteria of the sample in the study to be given pregnancy exercise intervention. Data taken in the form of primary data, tested by the Wilcoxon Matched Paires test, then processed using a computer.

Based on the results of the Wilcoxon Matched Paires statistical test between the effect of pregnancy exercise on the anxiety level of the third trimester primigravida mothers, the value of $p = 0,000$ was obtained so that $p < 0.05$. The results of this statistical test prove that there is an effect of pregnant gymnastics on the level of anxiety in third trimester of primigravida mothers at PMB SitiHajar, SST Regency South Lampung In 2019

The researcher suggested that health workers, especially midwives, to apply for pregnant gymnastics as an alternative to overcome anxiety in the mother of the third trimester primigravida.

Keywords: Pregnant gymnastics, Anxiety, Pregnancy
Reading list: 36 (1997-2018)

