

Implementation of Pregnancy Exercises on Mothers' Readiness in Facing the Childbirth Process

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ABSTRACT

Pregnancy exercise is a sports activity carried out by pregnant women to prepare themselves for the birth process. Pregnancy exercise is given to pregnant women to prepare the mother's physical condition, to maintain the condition of the muscles and joints which play a role in the birth process, as well as to prepare the mother's psychological condition, especially to foster confidence and self-readiness in facing the birth process, so pregnancy exercise really needs to be emphasized to pregnant women. Pregnancy exercise is very important for pregnant women from 22 weeks of gestation onwards. The research design carried out was Correlational Analysis. The population in this study was all pregnant women who had a pregnancy check-up at TPMB Miftahul Khoiriyah, S. Keb. Bd. The sample in this study was 27 respondents who were taken using a simple random sampling technique and then processed the data by editing, coding, scoring, tabulating. Data analysis used the Chi Square test. The analysis results obtained from this research were P value = 0.002 < of (α 0.05), so H_0 was rejected and H_a was accepted, so it can be concluded that pregnancy exercise is related to readiness for the birthing process. It can be concluded that pregnant women who want to do pregnancy exercises regularly and regularly will be better prepared to face the birth process so that the birth process will be younger, smoother and the delivery time will be shorter.

Keywords: mothers, pregnancy exercise, readiness for childbirth

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BACKGROUND

The health of a country is largely determined by the health of mothers and children, based on data from the World Health Organization (WHO), the Maternal Mortality Rate (MMR) shows a figure of 220/100,000 live births, while in Indonesia the MMR is 210/100,000 live births. The Infant Mortality Rate (IMR) shows a figure of 40/1,000 live births, whereas in Indonesia it is 27/1,000 live births. Based on research (Fitiriani et al., 2023). Pregnancy and childbirth are physiological processes, but they are risk factors for maternal mortality and morbidity. Therefore, it is necessary to prepare both physically and psychologically during pregnancy and childbirth (Widyawati & Syahrul, 2013). Pregnancy exercise is a movement exercise given to pregnant women to prepare themselves, both physically and mentally, to face and prepare for fast, safe and spontaneous delivery (Hidayati, 2019). Pregnancy exercise is applied not just for physical fitness but to strengthen muscles, flex joints, and especially to train concentration so that you can divert your mind so you can forget about the pain of childbirth and strengthen your breathing during childbirth. This method has proven to be quite successful in helping prepare for the birthing process (Sinaga, 2020).

Childbirth is a physiological process, where the expulsion of the products of conception (fetus and placenta) which can live outside the womb begins with uterine contractions, effacement and opening of the cervix, birth of the baby and placenta through the birth canal or through another route (abdomen), with the help of or without help (mother's own strength). Normal labor for primi is 12 to 18 hours while for multi it is between 8 - 12 hours (Khusnul Nikmah, 2022). The labor process is said to be fast and normal if it takes place in less than 24 hours, which is divided into four words. The first stage for primigravida lasts 12 hours while for multigravida around 8 hours. The second stage of labor usually lasts 50 minutes for primigravidas and 30 minutes for multigravidas. The third stage usually lasts 5 - 30 minutes after the baby is born, the fourth stage starts from the moment the placenta is born until the first two hours post partum (Nikmah et al., 2022). Pregnancy exercise is very important and safe for pregnant women after 22 weeks of gestation, quoted from research (Sri Wahyuni Adriani, Alfianti Lutfi Syafika, Trisetya Mustikawati, Nike Chandra Bella, Ummi Haryanti, 2022). Based on research, pregnancy exercise is also a coping tool that avoids physical stress due to pregnancy, such as reducing leg and back cramps and increasing the mother's ability to adapt to changes in the body. The three components of pregnancy exercise are breathing exercises, muscle stretching exercises and relaxation exercises which aim to increase lung capacity and reduce residual lung volume, reducing tension in pregnant women, quoted from research (Widyawati & Syahrul, 2013).

According to research (Riskianti Nanda et al., 2022), pregnancy exercise has a good goal for pregnant women, namely first, pregnant women are ready to face childbirth by mastering important breathing techniques so that labor can run easily, smoothly and more quickly. Second, the elasticity of the abdominal wall muscles is better so that it can prevent or overcome complaints of pain in the buttocks, lower abdomen and complaints of hemorrhoids. Third, during pregnancy changes in body shape occur. With pregnancy exercise, it is hoped that it can reduce complaints that arise due to changes in body shape. Fourth, the relaxation process will be perfect by carrying out the contraction and relaxation exercises needed to overcome tension or pain during the birth process. Fifth, pregnancy exercises help facilitate the labor process so that mothers can give birth without difficulty. All of this can be obtained if pregnant women want to do pregnancy exercises. In general, pregnant women are afraid of the birth process because the pain causes fear and anxiety. This can cause mental and physical tension which results in unnatural stiffness of muscles and joints (Wahyuni et al., 2022). Pregnant women who experience prolonged fear and anxiety can cause developmental obstacles to the fetus, including emotional disorders after birth.

Based on observations at TPMB Miftahul Khoiriyah, S. Keb. Bd, there are still many pregnant women who do not understand the benefits of pregnancy exercise for their health, for physical and psychological preparation as well as preparation for facing childbirth later. It is still common to find pregnant women who never do pregnancy exercise during the third trimester due to lack of information, their family, especially their husbands, did not give permission because they feel that pregnancy exercise is just a waste of time, it would be better if they were at home taking care of their children. There are still pregnant women who feel worried about giving birth, especially during the third trimester of pregnancy. And there were still 5 pregnant women who said they had never done

pregnancy exercises. This is all influenced by the behavior of pregnant women who rarely do ANC so they don't get enough information from health workers. Apart from that, the average level of maternal education is relatively low. Therefore, midwives as professionals are responsible for instilling the importance of carrying out pregnancy checks (ANC) where visits are carried out at least 6 times during pregnancy to optimize the physical and psychological health of pregnant women and can also help the mother's readiness to face the birthing process. Based on research. (Riskianti Nanda et al., 2022) showed that of the 33 people used as samples, 20 people did pregnancy exercises according to the stages (60.6%) and 13 people did pregnancy exercises not according to the stages (39.4%).) Based on the background above, researchers are very interested in conducting research with the title Is there an influence of implementing pregnancy exercises on mothers' readiness to face the birthing process?.

METHODS

The research design carried out was Correlational Analysis of the variables in this study, namely the independent variable Pregnancy Exercise and the dependent variable Readiness for Childbirth. The population in this study were all pregnant women who underwent pregnancy checks at TPMB Miftahul Khoiriyah, S. Keb. Bd. The sample in this study was 27 respondents who were taken using a simple random sampling technique and then processed the data by editing, coding, scoring, tabulating. Data analysis used the Chi Square test.

RESULTS

Respondent Characteristics

Age

Table 1. Distribution of Respondents Based on Age

No	Age	Frequency	Percentage
1	20 – 35 Year	21	78
2	> 35 Year	6	22
Total		27	100

Based on Table 1 above, the majority were aged 20 - 35 years as many as 21 respondents (78%) and a small percentage aged > 35 years were 2 respondents (22%).

Pregnancy exercise

Table 2. Distribution of Respondents Based on Pregnancy Exercise

No	Pregnancy Exercise	Frequency	Percentage
1	Exercise	19	70,4
2	Not Exercising	8	29,6
Total		27	100

Based on Table 3 above, the majority of pregnant women who took part in pregnancy exercise were 19 respondents (70.4%) and the small number who did not take part in pregnancy exercise were 8 respondents (29.6%).

Readiness to Face the Childbirth Process

Table 3. Distribution of Respondents Based on Readiness to Face Childbirth

No	Readiness to Face the Childbirth Process	Frequency	Percentage
1	Ready	21	78
2	Not Ready	6	22
Total		27	100

Based on table 4 above, it was found that the majority of pregnant women were ready to face childbirth, 21 respondents (78%), and a small number who were not ready to face childbirth, 6 respondents (22%).

Cross-tabulation of Pregnancy Exercise on Readiness for the Childbirth Process

Pregnancy Exercise	Readiness to Face the Childbirth Process				Amount		P-Value 0,002
	Ready		Not Ready		n	%	
	n	%	n	%			
Exercise	15	79	4	21	19	70,4	
Not Exercising	6	75	2	25	8	29,6	
Total	21	78	6	22	27	100	

Based on table 5 in the cross tabulation of 27 respondents, it is known that the majority of respondents who exercised during pregnancy were ready to face childbirth as many as 19 respondents (70.4%) of which there were 15 respondents (79%) who were ready to face childbirth and 4 respondents (21%) who were not ready. facing childbirth and conversely, a small portion of those who did not exercise during pregnancy were not ready to face childbirth, 8 respondents (29.6%) of which 6 respondents (75%) were ready to face childbirth and 2 respondents (25%) were not ready to face childbirth. Based on the results of the Chi Square test, the P value = 0.002 < of (α 0.05), so H_0 is rejected and H_a is accepted, so it can be concluded that pregnancy exercise is related to readiness for childbirth.

DISCUSSION

This research was conducted at TPMB Miftahul Khoiriyah, S. Keb. Bd. Before the research was conducted, there were still pregnant women who complained that they were not ready to face childbirth because of the many changes that occurred during pregnancy, changes that occurred including both physical and psychological. This can be anticipated if the patient knows the benefits and objectives of pregnancy exercise according to research (Riskianti Nanda et al., 2022).

According to the results in table 1 above, the majority were aged 20 - 35 years as many as 21 respondents (78%). Age 20 - 35 years is a safe age for reproduction, but if you are > 35 years old you will experience more complications, according to research (Widyawati & Syahrul, 2013). The older you are, the higher the risk or complications. According to the results in table 5 of the cross tabulation of 27 respondents, it is known that the majority of respondents who exercised during pregnancy were ready to face childbirth as many as 19 respondents (70.4%) of which there were 15 respondents (79%) who were ready to face childbirth and 4 respondents (21%) who were not. ready to face childbirth and conversely, a small portion of those who did not exercise during pregnancy were not ready to face childbirth, 8 respondents (29.6%) of which 6 respondents (75%) were ready to face childbirth and 2 respondents (25%) were not ready to face childbirth. Based on the results of the Chi Square test, the P value = 0.002 < of (α 0.05), so H_0 is rejected and H_a is accepted, so it can be concluded that pregnancy exercise is related to readiness for childbirth. A mother who is ready to face childbirth will not feel tired both physically and psychologically in accordance with research (Riskianti Nanda et al., 2022) where pregnant women are said to be physically ready if they do not get tired easily, feel weak, sleep quality increases, physical strength increases, increased flexibility and endurance, decreased back pain, decreased shortness of breath and psychological readiness when calm, relaxed, happy and confident which helps the mother's body muscles overcome the stress of the birthing process. Happiness can increase pregnant women's self-confidence in facing childbirth and all this can be prepared by birth attendants in providing care during pregnancy and the birth process, giving attention to pregnant women with patience is an effort to prevent complications so that pregnant women can prepare themselves to prepare for childbirth. safely, smoothly and can care for their children well. There are several things that need to be prepared for childbirth, including physical, psychological, financial and cultural preparation (Riskianti Nanda et al., 2022). Therefore, pregnancy exercise is very important for mothers from pregnancy until the birth process because it can relax the mind and body parts, especially the lower part.

CONCLUSION

The results of the research show that there is a relationship between pregnancy exercise and the readiness of pregnant women to face the birth process with a P value of 0.002, therefore pregnancy exercise activities must be mandatory for every pregnant mother.

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