

Health Education on Pregnant Women's Gymnastics at the Murni Midwife Clinic, North Padang Lawas Regency

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ABSTRACT

This community service is themed "Health Education on Prenatal Gymnastics as an effort to increase knowledge of pregnant women about the implementation of Prenatal Gymnastics. The purpose of this activity is to provide knowledge about the processprepare the mother's physical condition by maintaining the condition of the muscles and joints that play a role in the birthing processamong pregnant women to carry out proper handling. The implementation of this activity is planned in 3 stages, namely the preparation stage, the implementation stage, and the evaluation stage. The preparation stage includes processing permits, collecting initial data in the form of assessments by providingpretestto pregnant women about prenatal gymnastics, preparation of tools and materials, and coordination with related parties. The implementation stage of the activity is to conduct health education about the process of prenatal gymnastics, to carry out its management. The evaluation stage is to conduct Prenatal Gymnastics Education and prepare a report on the results of health education given to pregnant women. From the results of interviews, several pregnant women revealed that after participating in health education, they gained very useful knowledge that had never been obtained before and was important to be able to practice in everyday life. Based on the evaluation results, it shows an increase in the level of knowledge of pregnant women about prenatal health education.

Keywords: Health Education, Prenatal Gymnastics.

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INTRODUCTION

Pregnancy exercise is an exercise program for healthy pregnant women to prepare the mother's physical condition by maintaining the condition of the muscles and joints that play a role in the labor process. 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 additional pressure and are related to labor. Pregnancy exercise can improve vascularization from the uterus to the placenta which ensures sufficient oxygen and nutrient supply to the fetus. The main purpose of pregnancy exercise is for pregnant women to gain good muscle strength and tone, good breathing techniques, in the second stage of labor the most important thing is power during labor (susiloningtyas, 2021).

The World Health Organization (WHO) states that more than 80% of deliveries are normal. Natural and smooth deliveries can be achieved if the muscles continue to contract well, rhythmically and strongly. Pregnancy exercises are carried out regularly will strengthen the abdominal wall muscles, pelvic floor muscles and surrounding muscles, thus determining the type and timing of labor. (WHO: 2021) Labor is the process of expelling the results of conception including the fetus and placenta that are full-term or can live outside the womb through the birth canal or other means, with assistance or with one's own strength). labor is a physiological process, but it is a risk factor for maternal mortality and morbidity. therefore, it is necessary to prepare both mentally and physically so that abnormal (pathological) conditions can be minimized. (Machmudah, 2021).

Pregnant women who do pregnancy exercises regularly during pregnancy are reported to provide benefits during labor. Namely, the second stage of labor becomes shorter, preventing breech position and reducing the incidence of cesarean section. The smoothness of the labor process is influenced by 3 important factors, namely the strengths that exist in the mother such as the strength of her contractions, the strength of pushing, the strength of the birth canal, and the fetus itself. The impact if the mother does not do pregnancy exercises will experience aches and fatigue quickly during pregnancy. While the impact during labor is the occurrence of complications in labor such as prolonged labor or prolonged second stage which can endanger the mother and fetus and can even cause maternal death.

(Maria, 2018) The 2019 Indonesian Demographic and Health Survey (SDKI) found that MMR was still high at around 305 per 100,000 due to complications of pregnancy or childbirth, namely bleeding, infections caused by long or difficult labor and eclampsia. The factors that cause prolonged labor are weak power such as his, round ligament contractions, passage (narrow birth canal). (SDKI: 2020).

METHOD

The method of implementing this community service activity is carried out by gathering pregnant women through a pregnancy class held at a pure midwife clinic, then communication and questions and answers are carried out as well as the perceptions of pregnant women about the importance of pregnancy exercises during

pregnancy. This is done to measure the knowledge of pregnant women. Furthermore, conducting counseling about pregnancy exercises and at the end of this counseling activity, pregnant women.

RESULTS AND DISCUSSION

This community service activity is one form of the tri dharma of higher education lecturers and students. This activity was chaired by Ica Fauziah Harahap and the team were students of the DIII Midwifery Study Program consisting of Halimah, Nurkholila, Putri Anggi, Peni Oktavia, Ridayati, Siti Rahmah, Cindya Bella, Habidah and Helmalia.

Community service activities in the form of health education on the importance of prenatal gymnastics for pregnant women which are carried out directly by the community service team and pregnant women in the pregnant women's class at the pure midwife clinic. The activity was carried out in September 2024. Participants in this community service activity were pregnant women at the pure midwife clinic. This community service activity was carried out through several stages, including; a. PreTest

Pre-test activities were conducted for participants before receiving material on prenatal exercise. This pre-test activity aims to determine the level of knowledge of pregnant women about prenatal exercise before being given counseling. This pre-test activity consists of several questions about the pregnancy history of community service participants and 10 questions about prenatal exercise.

b. Activity Implementation Stage The implementation of the activity is in the form of counseling on gymnastics for pregnant women, this is done directly to pregnant women. On this occasion, the community service team presented material on the importance of pregnancy gymnastics for 30 minutes, then continued with a discussion and question and answer session for 30 minutes.

c. Post Test

After the presentation of the material and discussion is complete, the next activity is a post-test. The post-test is conducted on participants who follow the counseling activities from the beginning to the end. This post-test activity aims to see the extent of pregnant women's understanding of the material that has been delivered.

Third Trimester (29 to 40 weeks) The third trimester lasts from the 28th week of pregnancy until the baby is born. In the third trimester, the fetus can open and close its eyes and suck its thumb. The fetus can kick, stretch its body and respond to light.

Entering the eighth month, brain growth will continue and rapidly. Mother may be able to get the shape of an elbow or heel on the stomach. In the 9th month or 34-36 weeks of pregnancy, the lungs are mature and ready to work on their own.

For the mother herself, there will be regular check-ups such as urine tests to determine protein levels in the body, checking blood pressure, monitoring the fetal heart rate, and other preparations for the delivery process.

The Process of Pregnancy The process of pregnancy is when sperm fertilizes an egg after it is released from the ovary during ovulation. The fertilized egg will then move towards the uterus, where the implantation process will occur.

CONCLUSION

The description of the quality of sleep of pregnant women is that pregnant women often complain of difficulty sleeping due to uterine enlargement, frequent urination, and difficulty breathing. The measuring instrument used to assess sleep quality is the Pittsburgh Sleep Quality Index (PSQI) instrument. Good physical activity for pregnant women is light exercise that does not harm the mother and her fetus, one of the recommended physical activities for pregnant women is pregnancy gymnastics which is good to do 3 times a week with a duration of 15-30 minutes. In addition to pregnancy gymnastics, relaxation exercises, aerobic exercises, and yoga also have an effect on improving the quality of sleep of pregnant women. The results of a literature study of 11 articles that have been analyzed can conclude that pregnancy gymnastics is effective in improving the quality of sleep of pregnant women.

Thank-you note

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