

ABSTRAK

Hubungan Keteraturan Senam Hamil Dengan Jenis Persalinan Pada Ibu Bersalin Di RS Kartini Mojosari Mojokerto

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Persalinan melibatkan beberapa unsur seperti *power*, *passage*, *passenger*. Masalah dalam persalinan seringkali timbul akibat kurangnya tenaga dalam meneran, dan jalan lahir yang kaku. Hal ini dapat diatasi dengan senam hamil, namun kenyataannya masih banyak ibu yang tidak teratur melaksanakan senam hamil hingga menyebabkan penyulit persalinan. Tujuan penelitian ini adalah untuk mengetahui hubungan keteraturan senam hamil dengan jenis persalinan pada ibu bersalin. Desain penelitian ini adalah analitik korelasi dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah semua ibu bersalin di RS Kartini tanggal 2-22 Januari 2024 sebanyak 67 orang. Teknik sampling menggunakan *purposive sampling* sehingga didapatkan 36 rang yang memenuhi kriteria inklusi dan eksklusi. Instrumen penelitian ini menggunakan kuesioner. Analisa data menggunakan uji Chi Square. Hasil penelitian menunjukkan bahwa sebagian besar responden teratur dalam melakukan senam hamil yaitu 23 orang (63,9%), dan sebagian besar responden mengalami persalinan SC yaitu 21 orang (58,3%). Hasil uji Chi Square menunjukkan $pvalue=0,002$ sehingga H_1 diterima dan H_0 ditolak, artinya ada hubungan yang sedang antara keteraturan senam hamil dengan jenis persalinan pada ibu bersalin di RS Kartini Mojosari Mojokerto. Ibu hamil yang teratur senam hamil cenderung bersalin spontan dan yang tidak teratur senam hamil cenderung bersalin secara SC. Diharapkan Bidan memberikan penyuluhan dan bimbingan kepada ibu hamil tentang pentingnya melakukan senam hamil dan mengadakan kelas ibu hamil dengan sasaran utama adalah ibu primigravida sehingga dapat mempersiapkan ibu mengalami persalinan normal.

Kata Kunci: keteraturan, senam hamil, jenis persalinan

ABSTRACT

The Relationship between the Regularity of Pregnancy Exercise and the Type of Childbirth in Mothers Giving Birth at Kartini Mojosari Hospital, Mojokerto

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Childbirth involves several elements such as power, passage, passenger. Problems in childbirth often arise due to lack of force in pushing and a stiff birth canal. This can be overcome with pregnancy exercises, but in reality there are still many mothers who do not regularly carry out pregnancy exercises, which causes difficulties in childbirth. The aim of this research is to determine the relationship between the regularity of pregnancy exercise and the type of labor in women giving birth. The design of this research is correlation analytic with a cross sectional approach. The population in this study was all 67 mothers giving birth at Kartini Hospital on 2-22 January 2024. The sampling technique used purposive sampling to obtain 36 people who met the inclusion and exclusion criteria. This research instrument uses a questionnaire. Data analysis used the Chi Square test. The results of the study showed that the majority of respondents regularly performed pregnancy exercises, namely 23 people (63.9%), and the majority of respondents experienced SC birth, namely 21 people (58.3%). The Chi Square test results showed $p\text{value}=0.002$ so H_1 was accepted. and H_0 is rejected, meaning that there is a relationship between the regularity of pregnancy exercise and the type of delivery in women giving birth at Kartini Mojosari Hospital, Mojokerto. Pregnant women who regularly exercise during pregnancy tend to give birth spontaneously and those who do not regularly exercise during pregnancy tend to give birth naturally. It is hoped that midwives will provide counseling and guidance to pregnant women about the importance of doing pregnancy exercises and hold classes for pregnant women with the main target being primigravida mothers so that they can prepare mothers to experience normal childbirth.

Keywords: regularity, pregnancy exercise, type of delivery