



The Effectiveness of Pregnant Exercise on Anxiety Levels in Promigravida Pregnant Women at Pratama Deliana Clinic Pekanbaru

Rina Yulviana¹, Intan Widya Sari²

^{1,2}Program Studi S1 Kebidanan, STIKes Hang Tuah Pekanbaru, Jl. Mustafa Sari No. 5 Tangkerang Selatan, Pekanbaru-Riau

Email : rinayulviana01@gmail.com, intanwidya@htp.ac.id

Abstract - Pregnancy exercise is one of the recommended sports for pregnant women to do because it aims to prepare a pregnant woman mentally and physically. Disorders during pregnancy that usually occur are poor sleep quality, high levels of maternal anxiety, low back pain, increased urinary frequency and leg cramps. Anxiety experienced by pregnant women is about pregnancy, childbirth, and its role as a mother. Pregnant women will also transmit their emotional physical effects to the fetus. If the anxiety increases, it will affect the fetus. The purpose of this study was to determine the effectiveness of pregnancy exercise on the level of anxiety in pregnant women. This type of research is Quasi experimental. The population in this study were pregnant women at the Pratama Deliana Clinic Pekanbaru. The results showed that pregnancy exercise was effective in reducing anxiety levels in pregnant women with a p-value of 0.002 (<0.05). It can be concluded that there is a significant difference in the level of anxiety of pregnant women between before doing pregnancy exercise and after doing pregnancy exercise in pregnant women. It is recommended that the clinic be able to carry out promotions about pregnancy exercise through banners, leaflets, banners and WA class groups for pregnant women.

Keywords : Pregnant Women, Pregnant Exercise, Anxiety Levels.

1. Introduction

Pregnancy and childbirth is a natural and painful process. However, many women feel the pain is worse than it should be because it is so much influenced by panic and stress. This is called fear-tension-pain concept (fear-tension-pain), where fear creates tension or panic that causes muscles to stiffen and ultimately causes pain. Maternal and perinatal mortality rates are indicators of the success of health services, especially midwifery and perinatal services.

Mother's fear of facing childbirth, especially primigravida, is related to the mother's emotions that affect the delivery process. The first labor anxiety is an unpleasant feeling or psychological condition due to physiological changes that lead to psychological instability. To relieve anxiety, cooperation between patients and health workers must be instilled and given information to pregnant women during pregnancy. One of the efforts that pregnant women can do so that labor can run smoothly can be controlled by doing pregnancy exercises.

Pregnancy exercise is one of the activities in services during pregnancy or prenatal care which aims to prepare and train muscles so that they can be used optimally in normal delivery. When examined further, the pregnancy exercise movement actually contains a relaxing effect that can stabilize the emotions of pregnant women. Through pregnancy exercise, pregnant women will be taught how to reduce anxiety and reduce fear by means of physical and mental relaxation, as well as get information that prepares them to experience what will happen during labor and birth.

Pregnancy exercise is a motion training therapy to prepare pregnant women, physically or mentally, for fast, safe and spontaneous delivery. Pregnant women are encouraged to do pregnancy exercise when the womb has reached the age of 6 months and over (Widianti, 2010).

The function of pregnancy exercise with reference to the main objectives of pregnancy exercise, namely to facilitate pregnancy by making childbirth easier, eating a pregnancy exercise program is aimed at: increasing overall body fitness, strengthening and tightening muscles, especially the muscles that play a role in labor and maintaining posture, increasing relaxation the body, especially the pelvic floor muscles, which play a major role in the delivery process, train breathing techniques, which are very much needed to deal with pain, for example, the first and second stages (Wisianti, 2010). There are contractions in the uterus, one of the causes of uterine atony is excessive anxiety (Kristianti, 2015). AKI in Indonesia due to post partum hemorrhage has a high ranking, one of the causes of bleeding is Atonia uteri or not.



2. Method

This research was conducted at the Deliana Pratama Clinic using a quantitative approach, the method used in this study was a quasi experiment. Quasi experimental research is a study that is intended to determine whether or not there is an effect of "a" imposed on the subject investigating (Notoadmodjo, 2005)

2.1 Univariate Analysis Results

a. Characteristics of Respondents based on maternal age

Table 1

Distribution of the frequency of respondents based on age type at the Pratama Deliana Clinic, Pekanbaru City.

| No. | Age | amount | Percentage |
|-----|-------------|--------|------------|
| 1 | <20 years | 1 | 3.33 |
| 2 | 20-35 years | 28 | 93.34 |
| 3 | > 35 years | 1 | 3.33 |
| | Total | 30 | 100 |

Based on Table 2, it shows that the majority of respondents aged 20-35 were 28 mothers (93.34%).

Table 2

Distribution of the frequency of respondents based on the type of education at the Pratama Deliana Clinic, Pekanbaru City.

| No. | Education | amount | Percentage |
|-----|-----------|--------|------------|
| 1 | SD / MI | 2 | 6.67 |
| 2 | SMP / MTs | 5 | 16.67 |
| 3 | SMA / MA | 18 | 60 |
| 4 | PT | 5 | 16.66 |
| | Total | 30 | 100 |

Based on Table 3, it shows that the majority of respondents with the latest SMA / MA education are 18 mothers (60%).

Table 3

The frequency distribution of respondents based on the type of work at the Pratama Deliana Clinic, Pekanbaru City.

| No. | Profession | amount | Percentage |
|-----|----------------|--------|------------|
| 1 | IRT | 25 | 83.33 |
| 2 | entrepreneur | - | - |
| 3 | Private | 2 | 6.67 |
| 4 | Civil servants | 3 | 10 |
| | Total | 30 | 100 |

Based on Table 4, it shows that the majority of respondents based on occupation are 25 mothers (83.33%) as housewives (IRT).

b. The Effectiveness of the Implementation of Pregnant Exercise for Pregnant Women at the Pratama Deliana Clinic Pekanbaru in 2020

Table 4

The Effectiveness of the Implementation of Pregnancy Exercise for Maternity Women at the Pratama Deliana Clinic Pekanbaru in 2020

| Treatment | Labor Pain | | Mean | SD | SE | Pvalue |
|---------------------|------------|-------|-------|-------|-------|--------|
| | Before | After | | | | |
| Gymnastics Pregnant | 6.33 | 6.00 | 0.333 | 0.504 | 0.100 | 0.002 |

Based on Table 5 with the Paired T Test Dependent T Test that the p-value shows 0.002 (<0.05), which means that there is a significant difference in the level of anxiety in pregnant women before doing pregnancy exercise and after doing pregnancy exercise, so it is concluded that it turns out that there is effectiveness of pregnancy exercise on reduction of anxiety levels in pregnant women at the Deliana Pratama Clinic.

3. Analysis

The results showed that pregnancy exercise was effective in reducing anxiety levels in pregnant women at the Deliana Pratama Clinic with a p-value of 0.002 (<0.05). This research is in line with research conducted by Rahayu (2020), pregnant exercise techniques are very useful in reducing the level of anxiety of pregnant women at Halmahera Public Health Center in 2019 with p = 0.00, so that midwifery care with anxiety level management with pregnancy exercise can be used as an intervention in management of anxiety levels in the care of pregnant women.

This is in accordance with the theory which says *Regular pregnancy exercise can reduce anxiety levels, master breathing techniques and can regulate oneself to calm. because pregnant exercise will have a relaxing effect on pregnant women which can have an effect on increasing the sleep duration of pregnant women. Physiological relaxation exercises in pregnancy exercise will have a relaxing effect that involves the parasympathetic nerves in the central nervous system. Where one of the functions of this parasympathetic nerve is to reduce the production of the hormone adrenaline or epinephrine (stress hormone) and increase the secretion of noradrenaline or norepinephrine (relaxing hormone) so that there is a decrease in anxiety and tension in pregnant women which results in pregnant women becoming more relaxed and calm. In addition, pregnancy exercise will help the mother to relax due to the formation of endorphins which provide a calming effect. Thus, it is easy for pregnant women to sleep with good quality, provided that pregnancy exercises are carried out regularly to get optimal results.*

Physiologically, the level of anxiety experienced by pregnant women is caused by the closer the day of delivery and the heavier body burden that can change the structure of the spine so that pregnant women can feel discomfort in the waist area, as well as in the extremities where sometimes pregnant women like to experience cramps. This condition can also cause psychological changes in pregnant women, sometimes the physical changes they experience can cause anxiety and worry when facing childbirth, which can sometimes affect the quality of sleep for pregnant women..

One of the efforts made to overcome the problem of anxiety levels in pregnant women is by doing body exercises, relaxation, and adjusting the mother's breathing pattern. Movement exercises can be done using the pregnancy exercise method.

Relaxation exercises in pregnancy exercise physiologically will cause a relaxing effect involving the parasympathetic nerves in the central nervous system. Where one of the functions of this parasympathetic nerve is to reduce the production of the hormone adrenaline or epinephrine (stress hormone) and increase the secretion of noradrenaline or norepinephrine (relaxing hormone) so that there is a decrease in anxiety and tension in pregnant women which results in pregnant women becoming more relaxed and calm. In addition, pregnancy exercise will help the mother to relax due to the formation of endorphins which provide a calming effect. Thus, it is easy for pregnant women to sleep with good quality, provided that pregnancy exercises are carried out regularly to get optimal results.

4. Conclusion

There is a significant difference in reducing anxiety levels between pre-pregnancy exercise and post-pregnancy exercise for pregnant women. The results showed that pregnancy exercise was effective in reducing anxiety levels in pregnant women with a p-value of 0.002 (<0.05).

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