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**Pengetahuan Ibu Hamil Tentang Senam Hamil di PMB Amanah Kecamatan Palu Barat Kota Palu Provinsi Sulawesi Tengah Tahun 2020  
(cxxxix + 82 halaman + 9 gambar + 2 bagan + 15 tabel + 11 lampiran)**

**ABSTRAK**

**Latar Belakang:** Masa kehamilan terbagi menjadi tiga yaitu trimester I, trimester II dan trimester III. Pada masa kehamilan tubuh akan mengalami perubahan yang menimbulkan ketidaknyamanan. Ketidaknyamanan yang sering terjadi pada ibu hamil yaitu varises, sakit pinggang, nyeri otot dan persendian serta nyeri punggung. Ketidaknyamanan tersebut dapat diatasi salah satunya dengan melakukan senam hamil. Tujuan penelitian ini untuk mengetahui pengetahuan ibu hamil tentang senam hamil di PMB Amanah Kecamatan Palu Timur Kota Palu Provinsi Sulawesi Tengah Tahun 2020

**Metode:** Desain penelitian ini deskriptif kuantitatif. Populasi sejumlah 72 ibu hamil pada bulan November 2020 dengan teknik pengambilan sampel adalah *total sampling*. Pengumpulan data menggunakan kuesioner. Data dianalisis menggunakan analisis univariat.

**Hasil:** Pengetahuan ibu hamil tentang senam hamil di PMB Amanah Kecamatan Palu Barat Kota Palu Provinsi Sulawesi Tengah Tahun 2020 pengetahuan cukup yaitu sebanyak 36 responden (50,0%), responden yang mempunyai pengetahuan kurang sebanyak 25 responden (34,7%) dan pengetahuan baik sebanyak 11 responden (15,3%).

**Simpulan:** Sebagian besar ibu hamil di PMB Amanah Kecamatan Palu Barat Kota Palu Provinsi Sulawesi Tengah Tahun 2020 memiliki pengetahuan cukup dalam kategori cukup sebanyak 36 responden (50,0%).

**Kata Kunci:** Pengetahuan, Ibu Hamil, Senam Hamil

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**Knowledge of Pregnant Women About Pregnant Exercise at PMB Amanah,  
West Palu District, Palu City, Central Sulawesi Province in 2020  
(cxxxix + 82 pages + 9 picture + 2 charts + 15 tables + 11 attachments)**

**ABSTRACT**

**Background:** The period of pregnancy is divided into three, namely trimester I, trimester II and trimester III. During pregnancy, the body will experience changes that cause discomfort. The discomforts that often occur in pregnant women are varicose veins, back pain, muscle and joint pain and back pain. One of the ways to overcome this discomfort is by doing pregnancy exercises. The purpose of this study was to determine the knowledge of pregnant women about pregnancy exercise in PMB Amanah, East Palu District, Palu City, Central Sulawesi Province in 2020

**Method:** This research design is descriptive quantitative. The population of 72 pregnant women in November 2020 with the sampling technique is total sampling. Data collection using a questionnaire. Data were analyzed using univariate analysis.

**Results:** The knowledge of pregnant women about pregnancy exercise in PMB Amanah, West Palu District, Palu City, Central Sulawesi Province in 2020 had sufficient knowledge, namely 36 respondents (50.0%), respondents who had less knowledge were 25 respondents (34.7%) and knowledge good as many as 11 respondents (15.3%).

**Conclusion:** Most pregnant women in PMB Amanah, West Palu District, Palu City, Central Sulawesi Province in 2020 have sufficient knowledge in sufficient categories as many as 36 respondents (50.0%).

**Keywords:** Knowledge, Pregnant Women, Pregnant Exercise