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**PENGETAHUAN IBU HAMIL TENTANG PREGNANCY MASSAGE DI
DESA BENGGAULU KECAMATAN DAPURANG KABUPATEN
PASANGKAYU TAHUN 2020**
(xviii + 107 halaman + 2 bagan + 27 tabel + 13 lampiran)

ABSTRAK

Latar Belakang: Selama kehamilan, tubuh perempuan mengalami beberapa perubahan yang dapat menimbulkan ketidaknyamanan. Ketidaknyamanan akibat kram otot dan ketegangan dapat dikurangi dengan pijatan-pijatan lembut. Hasil studi pendahuluan secara wawancara pada 6 ibu hamil. Dari 6 ibu hamil tersebut diberikan pertanyaan tentang pregnancy massage maka dari 6 ibu hamil tersebut, 5 ibu hamil yang menjawab pijat kehamilan adalah pijat yang dilakukan pada masa kehamilan dan 1 ibu hamil menjawab pijat kehamilan adalah pijat yang dilakukan pada daerah perut. Tujuan: untuk mendeskripsikan pengetahuan ibu hamil tentang pregnancy massage, pengertian pregnancy massage, keuntungan, manfaat, persiapan, kontraindikasi, posisi, metode, lokasi dan kelengkapan pregnancy massage.

Metode: Desain penelitian ini adalah deskriptif kuantitatif. Populasi sejumlah 52 ibu hamil pada periode Desember 2020 dengan teknik sampel menggunakan *accidental sampling*. Variable independent dalam penelitian ini adalah pengetahuan ibu hamil tentang pregnancy massage. Pengumpulan data menggunakan kuesioner. Analisis data meliputi analisis univariat.

Hasil: Hasil analisis univariat, sebagian besar responden berpengetahuan kurang tentang pregnancy massage 25 responden (48,1%), berpengetahuan baik tentang pengertian 19 responden (36,5%), berpengetahuan kurang tentang keuntungan 27 responden (51,9%), berpengetahuan baik tentang manfaat 21 responden (40,4%), berpengetahuan cukup tentang persiapan 25 responden (48,1%), berpengetahuan kurang tentang kontraindikasi 24 responden (46,2%), berpengetahuan cukup tentang posisi 23 responden (44,2%), berpengetahuan cukup tentang metode 23 responden (44,2%), berpengetahuan kurang tentang lokasi 24 responden (46,2%) dan berpengetahuan kurang tentang kelengkapan 33 responden (63,5%).

Kesimpulan: Sebagian besar ibu hamil dalam pengetahuan kurang tentang pregnancy massage 25 responden (48,1%).

Kata kunci: Pengetahuan, Pregnancy Massage

Kepustakaan: 33 (2010-2020)

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**PREGNANT WOMEN'S KNOWLEDGE ABOUT PREGNANCY
MASSAGE IN BENGAULU DAPURANG DISTRICT PASANGKAYU
REGENCY IN 2020**
(xviii + 107 pages + 2 charts + 27 tables + 13 attachments)

ABSTRACT

Background: During pregnancy, women's bodies through several changes that can cause discomfort. The discomfort includes muscle cramps and tension which can be relieved by gentle massages. The results of a preliminary study by interviewing 6 pregnant women who were given question about pregnancy message showed that 5 pregnant women answered pregnancy message is a massage which performed during pregnancy and 1 pregnant woman answered that pregnancy massage is a massage that is performed on the abdominal area. The aim of the research was to find out the knowledge of pregnant women about the pregnancy massage, meaning, advantages, benefits, preparation, contraindications, positions, methods, locations and completeness pregnancy massage

Method: This research design is descriptive quantitative. The population was 52 pregnant women in the period December 2020 with the sample technique using the *accidental sampling*. Independent variable in this research is knowledge of pregnant mother about pregnancy massage. Data collection using a questionnaire. Data analysis includes univariate analysis

Results: The results of the univariate analysis, most of the respondents had less knowledge about the pregnancy massage of 25 respondents (48.1 %), less knowledge about the meaning of 19 respondents (36.5%), less knowledgeable about the advantages of 27 respondents (51.9%), knowledgeable good about the benefits of 21 respondents (40.4%), knowledgeable enough about the preparation of 25 respondents (48.1%), less knowledgeable about the contraindications of 24 respondents (46.2%), knowledgeable enough about the position of 23 respondents (44.2%), 23 respondents (44.2%) knowledgeable enough about the method, less knowledgeable about the location are 24 respondents (46.2%) and less knowledgeable about the completeness of 33 respondents (63.5%)

Conclusion: Most of the pregnant women lacked knowledge of pregnancy massage knowladge 25 respondent (48,1%).

Keywords: Knowledge, Pregnancy Massage

Literature: 33 (2010-2020)