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Skripsi, Agustus 2023
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“Gambaran Pengetahuan Ibu Hamil tentang Senam Yoga di Puskesmas Jetak Kabupaten Semarang”.

(xv + 109 halaman + 9 tabel + 2 gambar + 10 lampiran)

ABSTRAK

Latar Belakang : Data dari WHO menyebutkan setiap hari di seluruh dunia terdapat sekitar 830 wanita meninggal karena kehamilan dan persalinan serta 99% kematian ibu terjadi di negara berkembang. Upaya yang dilakukan pemerintah untuk menangani penurunan AKI dan AKB dengan pelayanan kesehatan ibu hamil dengan ibu hamil dengan ANC terpadu dilengkapi pendampingan prenatal yoga. Akan tetapi program belum berjalan optimal karena kurangnya pengetahuan ibu hamil tentang prenatal yoga.

Tujuan : Untuk mengetahui gambaran pengetahuan ibu hamil tentang senam yoga di Puskesmas Jetak Kabupaten Semarang

Metode : Desain penelitian ini deskriptif kuantitatif dengan pendekatan *survey*. Populasi penelitian ini ibu hamil di Puskesmas Jetak Kabupaten Semarang, sampel yang diteliti 47 orang diambil menggunakan metode *total sampling*. Alat pengambilan data menggunakan kuesioner. Data dianalisis menggunakan rumus distribusi frekuensi yang diolah dengan program pengolahan data SPSS.

Hasil : Ibu hamil dalam penelitian ini lebih di dominasi ibu yang tidak bekerja. Penelitian ini juga menemukan sebagian besar ibu berusia 36-35 tahun, berpendidikan dasar (SD, MI, SMP, MTs). Ibu hamil dalam penelitian ini sebagian besar mempunyai pengetahuan yang kurang tentang prenatal yoga (60,4%) dimana sebagian besar berusia 17-25 (48,3%) dan 26-35 tahun (48,3%), berpendidikan dasar (SD, MI, SMP, MTs) (48,3%), ibu tidak bekerja (55,2%).

Simpulan : Pengetahuan ibu hamil tentang senam yoga di Puskesmas Jetak Kabupaten Semarang sebagian besar kategori kurang.

Saran : Sebaiknya ibu hamil meningkatkan pengetahuan dan pemahaman tentang senam yoga.

Kata Kunci : Pengetahuan, Ibu Hamil, Senam Yoga

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Final Project, Jany 2023
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"Knowledge Overview of Pregnant Women about Senam Yoga at the Jetak Health Center, Semarang Regency".

(xv + 109 pages + 9 tables + 2 pictures + 10 attachments)

ABSTRACT

Background: Data from WHO states that every day around the world there are around 830 women who die due to pregnancy and childbirth and 99% of maternal deaths occur in developing countries. Efforts made by the government to deal with the decline in MMR and IMR with health services for pregnant women with integrated ANC, complemented by prenatal yoga assistance. However, the program has not run optimally because of the lack of knowledge of pregnant women about prenatal yoga.

Objective: To describe the knowledge of pregnant women about senam yoga at the Jetak Health Center, Semarang Regency.

Methods: The research design is descriptive quantitative with a survey. The population of this study was pregnant women at the Jetak Health Center, Semarang Regency. The samples studied were 47 people taken using the total sampling method. Data collection tool using a questionnaire. Data were analyzed using the frequency distribution formula which was processed with the SPSS data processing program.

Results: Pregnant women in this study were more dominated by women who did not work. This study also found that most mothers aged 36-35 years had basic education (SD, MI, SMP, MTs). Most of the pregnant women in this study had less knowledge about prenatal yoga (60.4%) where most of them were aged 17-25 (48.3%) and 26-35 years (48.3%), had basic education (SD, MI, SMP, MTs) (48.3%), mothers do not work (55.2%).

Conclusion : The knowledge of pregnant women about senam yoga at the Jetak Health Center, Semarang Regency, is mostly in the low category.

Suggestion: Pregnant women should increase their knowledge and understanding of senam yoga.

Keywords: Knowledge, Pregnant Women, Senam Yoga