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**PENGETAHUAN IBU HAMIL TRIMESTER III TENTANG METODE
GYMBALL UNTUK MENGURANGI NYERI PERSALINAN DI PMB
MUTHIAH YULI HARTATI S.KEB**

ABSTRAK

Latar Belakang: Metode gymball merupakan salah satu terapi fisik atau latihan sederhana dengan memanfaatkan bola untuk mengurangi rasa nyeri persalinan. Hasil studi pendahuluan yang dilakukan di PMB Muthiah Yuli Hartati S.Keb didapatkan jumlah ibu hamil trimester 3 tahun 2022 sebanyak 467 orang dan jumlah persalinan tahun 2022 sebanyak 271 orang. Sedangkan periode Januari-April 2023 didapatkan jumlah ibu hamil trimester 3 sebanyak 180 orang dan jumlah persalinan sebanyak 79 orang. Berdasarkan hasil wawancara dengan 10 orang ibu hamil didapatkan 7 orang tidak memahami metode gymball dan 3 orang sudah memahami mengenai metode gymball yang ditunjukkan dengan menyebutkan pengertian metode gymball dan manfaatnya. Penelitian ini bertujuan untuk mengetahui pengetahuan ibu hamil trimester III tentang metode gymball untuk mengurangi nyeri persalinan di PMB Muthiah Yuli Hartati S.Keb.

Metode: Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan desain penelitian deskriptif. Populasi penelitian adalah seluruh ibu hamil trimester III di PMB Muthiah Yuli Hartati S.Keb dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 45 orang. Pengumpulan data menggunakan lembar kuesioner. Analisis data adalah analisis univariat menggunakan distribusi frekuensi persentase.

Hasil: Analisis univariat menunjukkan bahwa pengetahuan ibu hamil trimester III tentang metode gymball untuk mengurangi nyeri persalinan di PMB Muthiah Yuli Hartati S.Keb dengan kategori baik yaitu 7 orang (15,6%), kategori cukup yaitu 30 orang (66,7%) dan kategori kurang yaitu 8 orang (17,8%).

Simpulan: Dari penelitian ini dapat ditarik kesimpulan bahwa mayoritas responden memiliki pengetahuan yang cukup tentang metode gymball untuk mengurangi nyeri persalinan.

Kata Kunci: Pengetahuan, Metode Gymball, Nyeri Persalinan.

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**THE KNOWLEDGE OF MOTHERS IN LABOR ABOUT THE GYMBALL
METHOD TO REDUCE LABOR PAIN AT PMB MUTHIAH YULI HARTATI
S.KEB**

ABSTRACT

Background: The gymball method is a type of physical therapy or simple exercise using a ball to reduce labor pain. The results of a preliminary study conducted at PMB Muthiah Yuli Hartati S. Keb showed that the number of pregnant women in the third trimester in 2022 was 467 people and the number of births in 2022 was 271 people. Meanwhile, for the January-April 2023 period, there were 180 third trimester pregnant women and 79 births. Based on the results of interviews with 10 pregnant women, it was found that 7 people did not understand the gymball method and 3 people already understood the gymball method, which was shown by stating the meaning of the gymball method and its benefits. This study aims to describe the knowledge of mothers in labor about the gymball method to reduce labor pain at PMB Muthiah Yuli Hartati S.Keb.

Method: The type of research used is quantitative research with a descriptive research design. The research population was all pregnant women in the third trimester at PMB Muthiah Yuli Hartati S.Keb and the sampling technique used a total sampling of 45 people. Collecting data using a questionnaire sheet. Data analysis is univariate analysis using percentage frequency distribution.

Results: Univariate analysis shows that the knowledge of mothers in labor about the gymball method to reduce labor pain at PMB Muthiah Yuli Hartati S.Keb is in the good category, namely 7 people (15.6%), in the sufficient category, namely 30 people (66.7%) and less category, namely 8 people (17.8%).

Conclusion: From this research it can be concluded that the majority of respondents have sufficient knowledge about the gymball method to reduce labor pain.

Keywords: Knowledge, Gymball Method, Labor Pain.