

Universitas Ngudi Waluyo
Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan
Skripsi, Agustus 2025
Nafi'ah
Vistra Veftisia
NIM. 157241083

PENGARUH SENAM HAMIL TERHADAP KECEMASAN PADA IBU HAMIL TRIMESTER III DI PUSKESMAS PETUNG

ABSTRAK

Latar Belakang: Kecemasan ibu hamil meningkat menjelang trimester III karena takut akan proses dan nyeri persalinan. Kecemasan memberikan dampak bagi kesehatan ibu dan janin seperti pada ibu yaitu risiko persalinan preterm, hipertensi gestasional, depresi, gangguan tidur, nyeri persalinan lebih intens dan pada janin yaitu perkembangan neurologis terganggu, distres janin, berat badan lahir rendah (BBLR). Berdasarkan survey pendahuan dari 30 ibu hamil terdapat 12 ibu hamil trimester III yang mengeluhkan tidak bisa tidur karena cemas akan proses persalinan, hal ini berdampak pada keaikan tekanan darah ibu hamil. Kecemasan ibu hamil dapat dikurangi dengan melakukan senam hamil secara rutin. Penelitian ini bertujuan untuk mengetahui pengaruh senam hamil terhadap kecemasan pada ibu hamil trimester III di Puskesmas Petung.

Metode: Jenis penelitian menggunakan pra-eksperimen dengan rancangan *One Group Pre-test Post-test*. Populasi penelitian adalah ibu hamil trimester III di Puskesmas Petung. Teknik pengambilan sampel menggunakan *purposive sampling* sebanyak 19 orang. Intervensi yang diberikan pada ibu hamil trimester III adalah senam hamil yang dilakukan 2 kali seminggu dengan durasi 30-45 menit per sesi. Pengumpulan data menggunakan lembar kuesioner DASS-42. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *Wilcoxon*.

Hasil: Gambaran tingkat kecemasan ibu hamil trimester III sebelum dilakukan senam hamil di Puskesmas Petung didapatkan nilai *Mean* sebesar 11,74. Gambaran tingkat kecemasan ibu hamil trimester III setelah dilakukan senam hamil di Puskesmas Petung didapatkan nilai *Mean* sebesar 7,53. Hasil uji statistik *Wilcoxon* diperoleh $p \text{ value } (0,000) < \alpha (0,05)$ menunjukkan bahwa H_a diterima.

Simpulan: Terdapat pengaruh senam hamil terhadap kecemasan pada ibu hamil trimester III di Puskesmas Petung.

Kata Kunci: Senam Hamil, Kecemasan, Trimester III.

Ngudi Waluyo University
Midwifery Study Program, Faculty of Health Sciences
Final Project, August 2025
Nafi'ah
Vistra Veftisia
NIM. 157241083

**THE EFFECT OF PRENATAL EXERCISE ON ANXIETY IN THIRD-
TRIMESTER PREGNANT WOMEN AT THE PETUNG COMMUNITY
HEALTH CENTER**

ABSTRACT

Background: Maternal anxiety increases during the third trimester due to fear of labor and delivery pain. This anxiety impacts maternal and fetal health, including increased risks of preterm birth, gestational hypertension, depression, sleep disturbances, and intensified labor pain for the mother, as well as impaired neurological development, fetal distress, and low birth weight (LBW) for the fetus. A preliminary survey of 30 pregnant women revealed that 12 third-trimester mothers reported sleep difficulties due to labor anxiety, leading to elevated blood pressure. Routine prenatal exercise can reduce this anxiety.. This study aims to determine the effect of prenatal exercise on anxiety in third-trimester pregnant women at the Petung Community Health Center.

Methods: This study used a pre-experimental quantitative approach with a one-group pre-test post-test design. The study population consisted of third-trimester pregnant women at the Petung Community Health Center, with a purposive sampling technique of 19 participants. The intervention consisted of prenatal exercise sessions twice weekly (30-45 minutes/session). Data collection used the DASS-42 questionnaire. Data analysis used univariate analysis and bivariate analysis using the Wilcoxon test.

Results: The anxiety level of third-trimester pregnant women before pregnancy exercise at the Petung Community Health Center obtained a mean value of 11.74. The anxiety level of third-trimester pregnant women after pregnancy exercises at the Petung Community Health Center obtained a mean value of 7.53. The results of the Wilcoxon statistical test obtained a p value ($0.000 < \alpha (0.05)$), indicating that H_a was accepted.

Conclusion: There is an effect of prenatal exercises on anxiety in pregnant women in the third trimester at the Petung Community Health Center.

Keywords: Prenatal Exercises, Anxiety, 3rd Trimester.