

## Perceptions And Motivation About Maternal Gymnastic To Physiological Adaptation Of The 3<sup>rd</sup> trimester pregnancy At Puskesmas Teminal Banjarmasin

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### ABSTRACT

**Objective:** The purpose of this study is to analyze the correlation of perception and motivation of pregnant women about maternal gymnastic to physiological adaptation of the 3<sup>rd</sup> trimester pregnancy at Puskesmas Terminal Banjarmasin.

**Method:** Analytical research with cross sectional approach, Sampling was done by total sampling with sample number was 59 of pregnant mothers of the 3<sup>rd</sup> trimester who had been following maternal gymnastic at Puskesmas Terminal and analyzed by using Chi Square correlation test on degree of trust (0,05) 95%.

**Results:** 19 people who had negative perceptions or 32.2%, and 40 people had a positive perception or 67.8%. 43 people who have positive motivation or about 72.9% and 16 people who have negative perceptions or 27.1%, there were 39 pregnant women who adapted 66.1% and 20 people who were not adapted to Physiological Changes the 3<sup>rd</sup> trimester has a negative perception Or 33.9% .The correlation test of chi square obtained p value = 0.000 ie  $p < \alpha$  (0,05) which indicate there was correlation between perception and motivation of pregnant woman about maternal gymnastic to adaptation of physiological change of the 3<sup>rd</sup> trimester at Puskesmas Terminal.

**Conclusion:** The perception, motivation of pregnant mother about maternal gymnastic, related to physiological change of third trimester at Puskesmas Terminal.

**Keywords:** Maternal Gymnastics, Motivation, Physiological Adaptation, 3<sup>rd</sup> trimester Pregnancy, Perception,

## I. INTRODUCTION

Pregnancy is a process that physiological and natural, the process of pregnancy is a series in one unified begins from conception, nidasi, the introduction of adaptation against nidasi mother, maintenance of pregnancy, endocrine change as preparation to meet birth of a baby [1].

Pregnancy causing the occurrence of a change anatomik and fisiologik upon the mother. In pregnancy there are adaptation mother and for that in pregnancy necessary adaptation in the form of physical or psychological. Anatomical adaptations, and physiology and biokimiawi who happens to women during pregnancy short was so large that. Change these changes soon occur after fertilization and continues throughout pregnancy. Most adaptation has big huge this is happening in response to stimulation fisiologik given by the fetus or fetal tissue, a communication system ibu-janin very awesomeness is that woman who was pregnant was returning with almost perfect the situation before conceive after stop breast feeding [2]. Exercise before and during pregnancy may be important component to fight level diabetes and obesity that rises [3].

The resulting from gestation experienced the entire body women start of digestive system, respiratory, cardiovascular diseases, integument, endocrine, metabolism, musculoskeletal, breast, immunities and reproductive systems especially

on a genetalia internal genitalia and in this hormone estrogen and progesterone have an important role. Bodily changes gradually of increased heavy pregnant woman, causing the posture and walk woman transformed significantly. Increased distension abdomen that makes pelvis sloping fore, the decline in tonus abdominal muscles and improving its weight on late pregnancy need a readjustment (realignment) that the center of gravity pregnant woman to move forward [2].

Sport to the mother and the fetus during pregnancy safe in many cases, and women currently suggested to start or continuing sports during pregnancy. A pregnant woman without complication medical or obstetric do 30 minutes or more light gym per day in almost every day of the week. Those who exercising regularly before pregnancy should be able to follow exercise high intensity (for example jog and aerobic) without adverse effect on her life, and formerly. Those who have not many motion be encouraged to began exercises 15 minutes three times a week, gradually increased to 30 minutes and four times per week benefits exercising during pregnancy widely recognized. Can improve energy, fix sleep, and controls the excessive weight [4].

Progressive lordosis was an image of the characteristics on normal pregnancy. To compensate for the position of the anterior

uterus that enlarges, lordosis the center of gravity shifted back in the lower limbs. Joints sakroiliaka mobility, sakrokoksigeal and joints of the pubis grew and arena that cause an uncomfortable on lower back, particularly at the end of pregnancy. During the last trimester of pregnancy taste are tight, numbness and weak sometimes experienced in limbs of over, as a result the possibility that large lordosis with teksi anterior and lingkar decline in the shoulder, which will cause traction on nervus and medianus ulnar [5].

Gymnastics pregnant very useful associated with the stretch otot-otot softening ligamen-ligamen and pelonggaran joints that the lowest affected is spine ( curva excessive lumbar ), the abdominal ( stretched on the uterus ), the basic pelvis ( hold weight and pressure the uterus ), so for pregnant women necessity by physical exercise will be required to buffer and adjust the body that better in propping the pregnancy, strengthen the additional to prop up pressure, build endurance, improve circulation and respiration in accordance with the extra weight and change balance relieve tension and make relaxation, forming habit breathing good, have confidence, exercise is commonly called gymnastics pregnant[2].

Virtue of recapitulation data monitoring the local area mother and child health ( PWS KIA ) health department banjarmasin 2015 city years of dathan the agenda, the number of

pregnant women the most in puskesmaspekauman that is about 1131 people. The number of pregnant women at least be at community lucky about 177 the highway. The terminal where one of the most cooperate with education clinic cider noble held class mother, and gymnastics program is pregnant, a participant in one meeting for gymnastics pregnant about 15 people .

According to background above, but the study is done to know the perception and motivation pregnant women gymnastics pregnant about to change adaptation pregnancy III physiological trimester at community terminal banjarmasin .

## II. RESEARCH METHODS

The research is analytic survey .Design cross sectional where variabel-variabel including risk factors and variable including effect diobservasi and at the same time

In this study the sample techniques used technique total of sampling, namely by taking respondents existing or all pregnant women trimester iii in the terminal puskesmasbanjarmasin for 3 months that is about 59 people. Research stage first with conducting data collection using a questionnaire in the form of a list of questions that is used by researchers to target reasear

The process of processing data through the stages as follows: Editing yaituhasil interview

mnggunakan questionnaire or observation from the field must be done editing (editing) first. In general, editing is an activity of checking and refining the form or questionnaire, Coding sheet (making code) after all questionnaires edited or edited, then done pengpengan or coding that is change the data in the form of sentence or letters into data numbers or number, Data entry (enter data) data that the answers of each respondent in the form of "code" (numbers or letters) incorporated into the program or "software" computer. One of the most commonly used program packages for "data entry" is the SPSS for Window programming package as well as Cleaning (data cleaning) if all data from each data source or respondent has been entered, it is necessary to check again to see possible errors of code[5].

### III. RESULTS

Table 1. Frequency Distribution Perception Pregnant Women About Gymnastic Pregnant

Perception	Frequency	Percentation
Negatif	19	32,2
Positif	40	67,8
Total	59	100,0

Based on the results of 59 people pregnant women a trimester III at puskesmas terminal the majority most is positive perception of 40 people or 67,8 % . The lowest of the results of the analysis can be seen there are in table the distribution of respondent is perception negative there are 19 people pregnant women or about 32.2 % .

Table 2. Frequency Distribution Motivation Pregnant Women About Gymnastic Pregnant

Motivation	Frequency	Percentation
Negatif	16	27,1
Positif	43	72,9
Total	59	100,0

Motivation pregnant women a trimester III at puskesmas terminal from the table above can be seen that becomes the percentage of most there are 43 people pregnant women who have high motivation positive or about 72,9 % respectively and the lowest for pregnant women who have high motivation negative 16 people or 27,1 % .

Table 3. Frequency Distribution Change Adaptation Trimester Physiological III

Adaptation	Frequency	Percentation
No Adapted	20	33,9
Adapted	39	66,1
	59	100

From 59 people pregnant women a trimester III who have been following gymnastic pregnant from the analysis of data distribution frequensi the majority of women pregnant are showing 39 the pregnant women which adapted to physiological changes a trimester III about 66,1 % . And 20 people who do not adapt to physiological changes a trimester III or 33,9 % .

From 59 people pregnant women a trimester III who have been following gymnastic pregnant mother has positive perception of about gymnastic pregnant and capable of adapting on changes in physiology a trimester III ( 37 people or 92,5 % , and evidenced by statistical analysis test correlation chi square obtained value  $p = 0,000$  which is smaller than value of alpha the  $p ( 0,000 ) < \alpha (0,05) ( 0.05$  by this ho rejected

mean there are the relationship between perception pregnant women about gymnastic pregnant with adaptation physiological changes a trimester III at puskesmas terminal. For pregnant women a trimester III who have been following gymnastic pregnant have high motivation positive about gymnastic pregnant 36 people 83,7 %, and capable of to adapt, and evidenced by statistical analysis by test correlation chi square obtained value  $p = 0,000$  the  $p < \alpha (0,05)$  ( 0.05 by this  $H_0$  rejected mean there are the relationship between motivation pregnant women about gymnastic pregnant with adaptation physiological changes a trimester III at puskesmas terminal .

#### IV. DISCUSSIONS

From the percentage of pregnant women having positive perception of it can be said large enough, the theory the process of the establishment of the perception based on several stages of the first a stimulus or stimuli where the perception initiated by someone faced with a stimulus/stimuli present from the environment, the second stage in the process of registration, a phenomenon visible is the mechanism physical of sensing and the requirements someone influential through this the senses available. A person can listen or see information sent him, then register all the information sent him the, the third stage is interpretation is an aspect cognitive of perception that is essential that is the process of

giving significance to a stimulus that he received. The process of the interpretation depend on how to deepening , motivation , and personality someone [6].

This research categorizes motivation to be positive and negative and the result is of 59 respondents pregnant women a trimester III who have been following gymnastic pregnant at Puskesmas Terminal, 43 people pregnant women who have high motivation positive or about 72,9 % respectively . This figure it can be said quite high compared to pregnant women who have high motivation negative which is 16 people or 27,1 %.

Motivation someone who characterized by the appearance of "feeling" and preceded by responding to the existence of a purpose [7].

Factors that influence intrinsic motivation person's need for activity (activity) because of the factors of both biological and psychological needs. Expectancy is motivated by the success of one's motivation characterized by the emergence of a "feeling" and preceded by a response to a goal [8]. Factors that affects motivation intrinsic need someone activity because of factors needs good biological and psychological. The hope (expectancy) someone motivated by because the success of and have hope success is the gratification of soul.

From the research that had been analyzed of 59 people respondents who had been gone

after gymnastic conceive beforehand showing 39 people pregnant women which adapted to physiological changes a trimester III about 66,1% and 20 person who does not adapt to a trimester physiological changes III or 33,9 %.

When viewed from comparison the percentage them, the for mother can adapt to physiological changes a trimester III number of his twice fold of mother who do not it be adapted. Where the theory that is explain gymnastic pregnant is a method of to maintain or fix balance physical pregnant women and is exercise given for pregnant women with the purpose of achieving childbirth fast and easy [9].

Gymnastic pregnant having benefits so much for the body to be able to propping pregnancy , strengthen muscle support pressure additional , habit-forming breath that good , helps to more relax 10 .And also benefits not just for pregnancy but well as the delivery and pascapersalinan[11].

Recommendations for Puskesmas Terminal Banjarmasin, as a reference to health workers at puskesmas terminal especially the midwife, in order to increase the health of pregnant women to routinely hold gymnastic pregnant and for the community provided information for the community especially pregnant women fertile about the importance of and the function do gymnastics pregnant. While for college students, hopefully can be used as baseline data to research that will come with a

variable more and more and more often gymnastic practice as a mother, to help mom in gymnastics pregnant.

## V. CONCLUSION

Based on the research been conducted from 59 people pregnant women a trimester III at puskesmas terminal perceptions and motivation pregnant women about gymnastic pregnant to change adaptation physiological a trimester III, so the results: the majority of respondents pregnant women have the positive about gymnastic impregnate with the number of 40 people or 67,8% .mayoritas of the respondents pregnant women have high motivation positive about gymnastic pregnant 43 or about 72,9 % respectively. There are 39 the pregnant women which adapted to physiological changes a trimester III about 66,1 % . Twice the size from a comparison pregnant mothers not adaptable.

The result of calculation variable perception and motivation test correlation chi square them received the same value obtained value  $p = 0,000$  the  $p < \alpha (0,05)$  (0,05 by this ho rejected mean there are the relationship between perception and motivation pregnant women about gymnastic pregnant with adaptation physiological change trimester III at Puskesmas Terminal Banjarmasin.

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