BRIEF REPORT

Educational Status, Knowledge, and Families Supported with the Implementation of the Pregnancy Exercise in Pasar Minggu Health Center, Jakarta

Fransiska Anita*

1. Department of Public Health Science, University of Muhammadiyah Prof Dr Hamka, Jakarta, Indonesia
*Correspondence to Fransiska Anita, Dipl (fransiskaanita303@gmail.com)
(Submitted: 17 April 2018 – Revised version received: 02 May 2018 – Accepted: 4 May 2018)

Abstract

Background: During pregnancy a mother will experience many changes both anatomically and physiologically. Pregnancy exercise is one of the activities in the service during pregnancy or prenatal care, which aims to prepare and train the muscles so that it can be used optimally in a normal delivery. Objective: to determine the frequency distribution of pregnant women who carry pregnancy exercise, and the relationship of several factors with pregnancy exercise in Pasar Minggu Health Center period from March to June 2016. Methods: This cross sectional analytic approach, sampling study with accidental sampling method. Samples numbered 30 people which measured by a questionnaire. Data analysis was performed using univariate and bivariate using chi-square test (x2). Results: There are significant association between education (p-value = 0.003), knowledge (p-value = 0.002), support families (p-value = 0.001) with the implementation of pregnancy exercise on the mother 2nd and 3rd trimester pregnant women in the class of Pasar Minggu Health Center. Conclusion: there is a relationship between education, employment, knowledge and family support with the implementation of pregnancy exercise. However, further research needs to cover the factors related to the implementation of pregnancy exercise.

Keywords: education, knowledge, family support, pregnancy exercise

Introduction

Pregnancy gymnastics is a motion exercise therapy given to pregnant women to prepare themselves, both physical and mental preparation to face and prepare for a fast, safe and spontaneous labor. Many factors affecting mother's participation include age, education, work status, income, parity and support from family. Gymnastics pregnancy at Pasar Minggu Health Center held 2 times in 1 month. In 2014 coverage of pregnant gymnastics participants is 65% but in 2015 by 50%. This shows a decrease in coverage of pregnant exercise participants by 15%. Therefore, there is a need for research to determine what factors affect the participation of mothers.

Method

This research design is analytic by using cross sectional approach that is a research to study the correlation dynamics between risk factors with effect, by approach, observation or collecting and also at a time (point time approach). This study was conducted in pregnant women's class of Pasar Minggu, South Jakarta, for 3 months starting from March to June 2016. The population in this research is all mothers in pregnant mother class at Pasar Minggu Health Center at that time as many as 30 people. The random sampling technique used accidentally was done by taking respondents available at a place and available at that time. In this study the instrument used in data collection using primary data is by filling out questionnaires to pregnant women in pregnant women's classroom Pasar Minggu. Data obtained from the questionnaire distribution will be processed using univariate and bivariate analysis.

Results

The results of research that has been done to obtain data which will then be analyzed to describe each of the variables and know the relationship between independent variables and dependent variables. So that the results obtained there is a significant relationship between education (p-value = 0.003), knowledge (p-value = 0.002), and family support (p-value = 0.001) with the implementation of pregnancy exercises in the mother trimester II and III in the class of pregnant women Pasar Minggu Health Center, South Jakarta.

Individual characteristics taken in this study include education, knowledge and family support. The description of the frequency distribution of pregnancy exercise based on individual characteristics can be seen in table 1.

Table 1. Research findings

<table>
<thead>
<tr>
<th>Exercise Pregnancy</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>%</td>
<td>Yes</td>
</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>11</td>
<td>73,3</td>
<td>4</td>
</tr>
<tr>
<td>High</td>
<td>2</td>
<td>13,3</td>
<td>13</td>
</tr>
<tr>
<td>Knowledge</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fair</td>
<td>10</td>
<td>76,9</td>
<td>3</td>
</tr>
<tr>
<td>Good</td>
<td>3</td>
<td>17,6</td>
<td>14</td>
</tr>
<tr>
<td>Family Support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>10</td>
<td>83,3</td>
<td>2</td>
</tr>
<tr>
<td>No</td>
<td>3</td>
<td>16,7</td>
<td>15</td>
</tr>
</tbody>
</table>

From the results of this study shows that the education of pregnant women in the Pasar Minggu Health Center is the average of educated mothers, this can be connected with the theory proposed by Notoatmodjo (2010), education is an effort to improve the quality of human resources that can affect others both individuals, groups and communities. The high level of knowledge will affect the prevention and awareness of the need for a healthy lifestyle. This is also in accordance with the theory of Martaadisoebrata (2005) which states that education will affect the way of thinking in making a person's decision to use health services, the higher the mother's education will be better also health knowledge. Chi-Test Test results obtained p-value = 0.003 (p-value> 0.05), it can be concluded that there is a relationship between maternal education with the implementation of pregnancy exercise at the Puskesmas Pasar Minggu 2016, from the analysis obtained OR value of 17.875 means pregnant women with higher education have the chance to do pregnancy exercise for 17,875 times bigger than with low educated mother. This result is in accordance with the study of Nurun Ayati (2013) which says that there is a correlation between maternal education level with pregnancy exercise participation, high education level tends to do pregnancy exercise equal to 2.75 times bigger than with low education. In line with Evi's (2014) study that maternal education has a meaningful relationship with the participation of pregnancy exercise. High school-educated mothers are probably 4.75 times more likely to perform pregnancy exercise than low-educated mothers.

Discussion

As we know education is closely related to knowledge, from the results of this study shows that most pregnant women who become respondents in this study is a mother of good knowledge, this can be connected with the theory proposed by Notoatmodjo (2010), knowledge is the result from known and happen after people do sensing against a particular object. Sensing occurs through the five senses of the human senses of sight, hearing, smell, taste and touch. In this study showed that Chi Square Test statistic test obtained p-value = 0.002 (p-value> 0.05), hence can be concluded that there is relation between mother knowledge with pregnancy exercise implementation at Pasar Minggu Health Center. It can be associated with the theory put forward by Lawrence Green (2012), that knowledge or cognitive is a very important domain for the formation of one's actions. A person's knowledge and attitudes toward health are among the predisposing factors that influence a person's behavior (Notoatmodjo, 2012). The results of this study in accordance with research Mega (2012) with p-value 0.013 and Winata (2013) obtained p-value 0.033 which says that both there is a significant relationship between knowledge and attitude pregnant women do gymnastics pregnant.

The result of the family's own support found that most of the pregnant women who became respondents in this study were mothers who received support from their families, this can be related to the theory put forward by Friedman, M (2010), family support is a process that takes place over a lifetime, family support can be in the form of internal social support such as support from husband to wife or support from siblings, family support can function...
with various cultivation and reason as a result it can increase health. The statistical test of Chi Square Test obtained p-value = 0.001 (p-value > 0.05), it can be concluded that there is a relationship between mother's family support with pregnancy exercise implementation at Pasar Minggu Sub-district. This can be connected with the theory put forward by Friedman. M (2010) that, family support is a support system of family members who view families as supporters, informers, guides, problem solvers and are a source of practical and concrete help. The results of this study are consistent with Getris’s (2015) study which says that there is a significant relationship between support for the implementation of maternal classes obtained by p-value 0.000. And research from Santi (2015) which says that there is a relationship between husband support to the utilization of pregnant mother class obtained p-value 0.002.

Conclusion

Based on the analysis of research data and discussion, from the results of research on factors related to the implementation of pregnancy exercise in Pasar Minggu Health Center, it can be concluded as follows: Most of the mothers who carry out pregnancy exercise as many as 17 people (56.7%), high education as many as 15 people (50%), do not have work as many as 17 people (56.7%) and the family supported as many as 18 people (60%). Meanwhile, there is a significant correlation between education factor (p-value = 0.003), knowledge (p-value = 0.002), and family support (p-value = 0.001) with pregnancy exercise.

References