

Hubungan tingkat pengetahuan tentang manfaat senam hamil dengan persepsi ibu hamil tentang senam hamil di Puskesmas Kecamatan Tanjung Priok Jakarta Utara = Relationship level of knowledge about the benefits of pregnancy exercises with maternal perception of pregnancy exercises at clinic Tanjung Priok North Jakarta

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Abstrak

Senam hamil merupakan kebutuhan seorang ibu hamil untuk mempersiapkan persalinan yang fisiologis. Penelitian ini membahas hubungan tingkat pengetahuan tentang manfaat senam hamil dengan persepsi ibu hamil tentang senam hamil. Rancangan penelitian menggunakan deskriptif korelasi. Metode pemilihan sampel menggunakan systematic random sampling dan melibatkan 54 ibu hamil yang melakukan pemeriksaan di puskesmas tanjung priok jakarta utara. Sebanyak 44% responden memiliki tingkat pengetahuan tinggi dan persepsi positif. Hasil penelitian secara statistik menunjukkan terdapat perbedaan yang bermakna antara tingkat pengetahuan tentang manfaat senam hamil dan persepsi ibu hamil tentang senam hamil ($p = 0,025$). Hasil penelitian dapat digunakan oleh perawat atau care giver sebagai masukan dalam mengidentifikasi kebutuhan informasi ibu hamil tentang senam hamil.

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Pregnancy exercise is a pregnant mother needs to prepare for physiological childbirth. This study discusses the relationship level of knowledge about the benefits of pregnancy exercises with maternal perception of pregnancy exercises. This study used descriptive correlation design, systematic random sampling was choosing as a strategy for sample selection and involves 54 pregnant mothers who perform inspections at clinic Tanjung Priok North Jakarta. As much 44% respondents have a high level of knowledge and positive perception. Statistics result of this study indicated that there was a significant difference between levels of knowledge about the benefits of pregnancy exercises with maternal perception of pregnancy exercises. ($p = 0,0251$) The nurse or caregiver as input in identifying the information needs of pregnant women about pregnancy exercises can use results of research.