

HUBUNGAN BEBERAPA FAKTOR IBU DENGAN KEIKUTSERTAAN SENAM HAMIL
(STUDI PADA IBU HAMIL PRIMIGRAVIDA YANG BERKINJUNG DI RSB KUSUMA
SEMARANG BULAN MARET-APRIL 2005)*RELATIONSHIP SOME FACTOR OF MOTHER
WITH TAKEN PART INLY PREGNANT GYMNASTIC (STUDIED AT PREGNANT MOTHER
OF PRIMIGRAVIDA WHICH VISIT IN KUSUMA HOSPITAL SEMARANG ATMARET-APRIL
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Senam hamil adalah bagian dari perawatan antenatal Senam hamil berguna untuk mengoptimalkan keseimbangan fisik, memelihara kesehatan kehamilan, menghilangkan keluhan yang terjadi karena perubahan-perubahan akibat proses kehamilan dan mempermudah proses persalinan. Beberapa faktor ibu seperti umur, pendidikan, pengetahuan, ketersediaan program senam hamil, dukungan suami/keluarga and anjuran dokter/tenaga kesehatan diduga berhubungan dengan keikutsertaan senam hamil. Tujuan penelitian adalah mengetahui hubungan beberapa faktor ibu dengan keikutsertaan senam hamil. Jenis penelitian adalah *explanatory survey* dengan menggunakan pendekatan *cross sectional*. Populasi penelitian adalah ibu hamil primigravida yang berkunjung di RSB Kusuma pada bulan Nopember 2004 sampai bulan Maret 2005, jumlah populasi adalah 261 orang. Unit sampelnya adalah ibu hamil primigravida yang berkunjung pada Maret sampai April 2005 total populasi yaitu 39 orang. Dari hasil penelitian diketahui ibu yang mengikuti senam hamil 52,9% berumur dewasa tua 44% memiliki pendidikan lanjutan, 47,6% memiliki pengetahuan, 42,3% menyatakan selalu tersedianya program senam hamil, 73,3% mendapatkan dukungan suami/keluarga dan 55% menyatakan ada anjuran dari dokter/tenaga kesehatan. Dengan uji chi-square Alfa =0,5) menunjukkan bahwa yang mempunyai hubungan dengan keikutsertaan senam hamil adalah umur ibu ($p=0,008$, CI=1,519-33.430), pendidikan ibu ($p=0,028$, CI=1,152-90,528), pengetahuan ibu ($p=0,014$, CI=1,327-39,860), ketersediaan program senam hamil ($p=0,034$, CI=0,991-78,107), dukungan suami/keluarga ($p=0,004$, CI=2,140-51,528) dan anjuran dokter/tenaga kesehatan ($p=0,001$, CI=2,443-198,141).

Berdasarkan hasil tersebut disarankan kepada RSB Kusuma untuk memodifikasi metode senam hamil, memberikan alternatif pilihan waktu dan melengkapi sarana dan prasarana senam serta memberikan informasi tentang senam hamil kepada masyarakat luas. Bagi ibu disarankan untuk mencari informasi lebih lanjut mengenai manfaat dan syarat ibu untuk ikut senam hamil di rumah sakit bersalin,

Abstract Pregnant gymnastic is the part of antenatal treatment. Pregnant gymnastic good for optimal of physical balance, looking after pregnancy health, eliminating sigh that happened because change of effect of process pregnancy and water down copy process. Some factor of mother of like age, education, knowledge, availability program pregnant gymnastic, support of husband/family and of fomentation of doctor/volunteer of health anticipated to relate to taking part in of pregnant gymnastic. Target of research is know relation/link of some factor of mother taken a pregnant gymnastic. Type of research is an explanatory survey by using approach of cross sectional. Population of research are pregnant mother of primigravida paying a visit in

Kusuma Hospital at November 2004 until March 2005, amount of population are 261 people. Unit of the sample is a pregnant mother with primigravida paying a visit at March until April 2005 totally their population that is 39 people. From result of research known by mother following pregnant gymnastic 52,9% old man's estate to 44% owning second education, 47,6% owning knowledge, 42,3% expressing available always of program of pregnant gymnastic, 73,3% getting support of husband /family and 55% expressing their fomentation from doctor/volunteer of health. With test chi-square ($\alpha=0,05$) indicate that having relation taken pregnant gymnastic that mother age ($p=0,008$, $CI=1,519-33,430$), education mother ($p=0,028$, $CI=1,152-90,528$), knowledge mother ($p=0,014$, $CI=1,327-39,860$), availability program pregnant gymnastic ($p=0,034$, $CI=0,991-78,107$), with husband/family support ($p=0,004$, $CI=2,140-51,528$) and fomentation of doctor of health energy ($p=0,001$, $CI=2443-198,141$). Pursuant the result suggested to Kusuma Hospital for the pregnant gymnastic method modification, giving time choice alternative and equip and medium practice gymnastic and also give information about pregnant gymnastic to wide society. For mother suggested to look for furthermore information hit mother condition and benefit to follow ill pregnant gymnastic at home copy.

Kata Kunci: Karakteristik ibu Hamil, Senam Hamil *Characteristic of Ms. Pregnancy, Prenant Gymnastic*