

HUBUNGAN BEBERAPA KARAKTERISTIK IBU HAMIL DENGAN TINGKAT KEIKUTSERTAAN SENAM HAMIL DI RSUP.DR.SARDJITO YOGYAKARTA  
*THE CORRELATION BETWEEN PREGNANT WOMEN CHARACTERISTICS WITH THEIR PARTICIPATION LEVEL ON PREGNANCY EXERCISE PROGRAMME AT RSUP.DR.SARDJITO YOGYAKARTA*

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(2005 - Skripsi)

Kesehatan ibu dan bayi sangat penting peranannya dalam peningkatan kualitas sumber daya manusia, tetapi angka kematian ibu dan bayi masih tinggi. Sudah menjadi salah satunya dengan melakukan senam hamil, tetap belum semua ibu hamil yang periksa antenatal di RSUP.DR. Sardjito mengikuti program senam hamil. Tujuan penelitian ini untuk mengetahui hubungan beberapa karakteristik ibu hamil dengan tingkat keikutsertaan senam hamil. Penelitian ini bersifat *explanatory survey* dengan pendekatan *cross sectional study* sampel yang digunakan adalah ibu hamil yang memeriksakan kehamilannya di RSUP.DR. Sardjito dan mengikuti program senam hamil sebanyak 37 orang yang diambil secara simple random sampling menggunakan kusioner. Hasil penelitian diperoleh 16.22% responden berumur 27 dan 28 tahun., sebanyak 45.95% berpendidikan S1, sebesar 21.62% berpendapatan Rp.600.000,00 perbulan, sebanyak 86.49% termasuk kategori kerja ringan, sebanyak 56.76% paritas 0, sebanyak 51.35% tidak pernah mengalami gangguan kesehatan selama kehamilan, sebanyak 97.3% mendapat motivasi melakukan senam hamil dan sejumlah 83.78% termasuk kategori baik dalam melakukan senam hamil lagi. Uji statistik menggunakan *Man-Whitney rank sum test*. Diperoleh hasil bahwa tidak ada hubungan antara umur, pendidikan, pekerjaan, pendapatan keluarga, paritas riwayat medis hamilan dan motivasi dengan tingkat keikutsertaan senam hamil. Kesimpulan penelitian ini adalah tidak ada hubungan antara umur, pendidikan, pekerjaan, keluarga, paritas, riwayat medis kehamilan dan motivasi dengan tingkat keikutsertaan senam hamil. Disarankan kepada pelaksana program senam hamil di RSUP.DR. Sardjito untuk memberikan informasi tentang program senam hamil kepada pasien maupun pengunjung, baik melalui anjuran dokter kepada pasien yang memeriksakan kehamilannya, melalui leaflet maupun pamflet di tempat yang strategis untuk memperluas cakupan sasaran senam hamil.

*Mother and babies health have a very important role in increasing the quality of human resources. However, the maternal mortality and perinatal mortality rate are still high. Therefore., all aspects are committed to decrease this case into the lowest number. One of the solution to solve these problems is by doing the pregnancy exercise. Yet, pregnant women who got antenatal care at RSUP.DR. Sardjito didn't follow the pregnancy exercise programme as they should have. The objective this research is to know the correlation between pregnant women characteristics with their participation level in pregnancy exercise programme at RSUP.DR. Sardjito Yogyakarta.*  
*This research was done by the explanatory survey with cross sectional study application. Samples used in this research were 37 pregnant women regularly checked their pregnancy and follow the pregnancy exercise programme, taken by simple random sampling.*

*Result of this research showed that 16.22% of the respondents age 27 and 28 years old, are 45.95% graduated from university. In addition 21,62% at their family income is Rp.600.00,00 per month. These are divided into 86.49% as easy work category, 56.76% zero parity, 51.35% never has a complaint during their pregnancy, 97.3% were motivated to do pregnancy exercise and 83.7% were included in good frequency category. The result of statistical test were using Man-Whitney rank sum test. Obviously, it showed that correlation between age, education, work, family income, parity, pregnancy medical report and motivation with participation of pregnancy exercise in the statistic test. The conclusion of this research is there is no correlation between age, education, work, family income, parity, pregnancy medical report and motivation with participation of pregnancy exercise. Recommendation goes to all the involved stake holders in RSUP.DR. Sardjito that they should give information about pregnancy exercise programme to the patients and the visitors with the doctor recommendation, pamflet and leaflet in the strategic places to cover the target.*

**Kata Kunci:** Kesehatan reproduksi, senam hamil *health reproduction, pregnancy exercise*