

Socialization of the Implementation of Pregnancy Exercises to Deal with the Childbirth Process

Khusnul Nikmah^{1*}, Lilik Darwati², Syaibah Faiqotul Hikmah³

^{1,2,3} Department of Midwifery, Lamongan Islamic University, Indonesia

*Corresponding author: khusnulnikmah.80@gmail.com

ABSTRACT

Pregnancy exercise is an exercise program for pregnant women to prepare the mother's physical condition to maintain the condition of the muscles and joints which play a role in the birthing process. The benefits of regular pregnancy exercise are very helpful in maintaining health and smooth delivery and postpartum processes because pregnancy exercise will make the body flexible, especially the muscles of the birth canal. The purpose of this service is to find out whether pregnant women are ready to face the birth process well and smoothly. The method used is to provide counseling to all pregnant women who undergo pregnancy check-ups, then carry out direct pregnancy exercise practices, followed by a question and answer session and distribution of door prizes for pregnant women who ask questions. The questionnaire in the form of open questions with the results of increasing knowledge of pregnant women to do pregnancy exercises so that pregnant women are ready to face the labor process at TPMB Miftahul Khoiriyah, S.Keb. Bd. In this way, pregnant women have awareness of the importance of doing exercise to make it a necessity for pregnant women so that pregnant women can do pregnancy exercise regularly and independently at home.

Keywords: Facing Childbirth, Pregnancy Exercise, Socialization

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INTRODUCTION

Pregnancy exercise is one of the activities provided during pregnancy or pre-natal care which aims to help pregnant women stay fit and make the delivery process easier, as well as preparing the mother's psychological condition, especially increasing self-confidence in facing the birth process (Khusnul Nikmah, 2022). The benefits of pregnancy exercise are to physically and psychologically prepare pregnant women for a physiological, natural and comfortable birth process, as well as strengthening the pelvic floor muscles in preparation for pushing and to achieve optimal relaxation during pregnancy until delivery, both physically and psychologically. Another benefit of pregnancy exercise is that it can reduce anxiety, strengthen the bond between mother and fetus and reduce the risk of depression (Fitiriani et al., 2023). In accordance with research conducted (Riskianti Nanda et al., 2022), the birth process is influenced by 5 important factors, namely power, passage, passanger, helper and psychology, where these five factors are interrelated with each other. The labor process is

said to be fast and normal if it takes place in less than 24 hours, which is divided into four periods. The first stage for primigravida lasts 12 hours while for multigravida around 8 hours. The second stage of labor usually lasts 50 minutes for primigravidas and 30 minutes for multigravidas. The third stage usually lasts 5-30 minutes after the baby is born, the fourth stage starts from the moment the placenta is born until the first two hours post partum. To achieve a fast delivery process, one of the efforts recommended for pregnant women is to do pregnancy exercises (Nikmah et al., 2022). Similar to research conducted by Martini, it was proven that mothers who during pregnancy participated in exercise six times or more, the average duration of labor in the first stage was 6 minutes faster and in the second stage 10 minutes compared to those who exercised less than six times (Widyawati & Syahrul, 2013). However, until now there is negative information about childbirth circulating in the community which has increased the number of pregnant women who are afraid of the normal birth process because of the unbearable pain, so that ordinary people are starting to turn to surgery or Caesarean. Cesarean operations are no longer for people with a middle to upper economic level and with a fairly high level of education, but have become a trend for all communities with a low economy and low education (Sinaga, 2020). In general, pregnant women are afraid of the birth process because the pain causes fear and anxiety (Indrayani & Choirunnisa, 2020). Stress or anxiety is related to various pregnancy outcomes, pain and other somatic complaints that often occur with mood disorders in pregnant women (Herviza Wulandary Pane, Gunarmi, 2022). This can cause mental and physical tension which will result in unnatural stiffness of the muscles and joints which can make the birthing process difficult (Wahyuni et al., 2022). These psychological disorders can increase the risk of complications during childbirth, so prevention is very necessary with several methods to alleviate and prepare the mother in maintaining pregnancy and the birth process, including doing pregnancy exercises (Indrayani & Choirunnisa, 2020). According to (Hidayati, 2019) the mother's psychological changes will change in each trimester due to an increase in the hormone progesterone during pregnancy.

Based on observations at TPMB Miftahul Khoiriyah, S. Keb. Bd, there are still many pregnant women who do not do pregnancy exercise because they do not understand the benefits of pregnancy exercise for their health, for physical and psychological preparation and preparation for facing childbirth. These psychological disorders can increase the risk of complications during childbirth, so prevention is needed with several methods to alleviate and prepare the mother to maintain the pregnancy and birth process (Wahyuni et al., 2022). So we are interested in doing service at TPMB. Based on the description above, the author will carry out a service with the title "Socialization of the Implementation of Pregnancy Exercises to Face the Childbirth Process".

METHODS

The method used in this service is to provide counseling with the following details:

a. Lecture (Extension)

Lectures or counseling at TPMB Miftahul Khoiriyah, S. Keb. Bd. is providing information verbally, both formally and informally, by the speaker.

b. Gymnastics Practice

Do pregnancy exercises according to the movements in the leaflet.

c. Question and answer

Question and Answer is a teaching method that allows direct two-way communication because at the same time there is a dialogue between the presenter and the recipient of the material. This question and answer session is used to review the material that has been given.

d. Door prizes

This door prize session is also used to evaluate this community service activity, 3 questions have been prepared for all pregnant women who are undergoing pregnancy check-ups with 3 prizes for participants who ask and can answer the questions that will be given door prizes.

RESULTS

During the service of Socialization of Implementation of Pregnancy Gymnastics to face the Childbirth Process, the implementation went smoothly as expected. Pregnant women are very enthusiastic about the pregnancy exercise activities which are held every 2 weeks at TPMB Miftahul Khoiriyah, S.Keb., Bd. The method used in implementing this socialization is counseling followed by a demonstration of pregnancy exercises, the implementation of this activity begins with: Lecture (Socialization about Pregnancy Exercises), the second is conducting counseling or lectures delivered by the head of community service Khusnul Nikmah, SST., M.Kes. The material presented is only concise and clear, which is already in the leaflet. The reason we provide counseling is because there are some pregnant women who don't know about the benefits of pregnancy exercise, so we must first provide material about the meaning, purpose and benefits of pregnancy exercise, because pregnancy exercise is very important for pregnant women according to research (Sinaga, 2020) Pregnancy exercise is useful for strengthening muscles, pelvic bones, abdomen, lower back, helping to ensure good breathing, blood circulation and body movement. Apart from that, pregnancy exercise is also useful for alleviating discomfort during pregnancy, helps prepare the body for childbirth and can reduce anxiety, especially if pregnancy exercise is done regularly, it can help speed up the birth process, supported by research from (Widyawati and Syahrul, 2013) that pregnant women who Doing regular pregnancy exercises during the last period of pregnancy (3rd trimester) turns out to have shorter and less painful labor than mothers who don't take part in pregnancy exercises.



Figure 1 During counseling

After providing counseling, we continued by carrying out gymnastics practices during the exercise guided by members of the service team and pregnant women followed the directions of the pregnancy exercise guide according to those in the leaflet and were very enthusiastic and happy with the pregnancy exercise activities held at TPMB Miftahul Khoiriyah, S.Keb. Bd.



Figure 2 When Pregnant Exercise Practices

DISCUSSION

Next, conducting Q&A in the Q&A session gave pregnant women the opportunity to conduct Q&A either about the counseling material or about the movements in the exercise given during pregnancy exercise, they were very enthusiastic in carrying out the Q&A. In the question and answer session there were 3 questioners. For those who asked questions, we gave door prizes. Door prizes were given to 3 questioners during the counseling or lecture. They were very happy because by coming to the pregnancy exercise, they not only got useful knowledge but also got a door prize. This door prize session is also used to evaluate this community service activity. From the evaluation results, it was found that all pregnant women already knew about the purpose and benefits of pregnancy exercise and the mothers were also willing to do pregnancy exercise independently at home even though there was no training schedule at TPMB.



Figure 3 Completed Activity

CONCLUSION

The conclusion of this community service activity is that it can increase awareness of pregnant women who undergo pregnancy checks at TPMB Miftahul Khoiriyah, S.Keb., Bd on the importance of participating in pregnancy exercise and making it a necessity to achieve a healthy pregnancy. The results of community service program activities are able to increase the knowledge of pregnant women regarding the information about pregnancy and childbirth that has been provided. Apart from that, pregnant women are able to know the benefits of pregnancy exercise and are able to apply pregnancy exercise independently.

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