



Digital Receipt

This receipt acknowledges that Turnitin received your paper. Below you will find the receipt information regarding your submission.

The first page of your submissions is displayed below.

Submission author: Mastiur Napitupulu
Assignment title: DIDC Papers 1
Submission title: 2. Pengaruh Prenatal yoga terhadap ketidaknyamanan Pada...
File name: 2._Pengaruh_Prenatal_yoga_terhadap_ketidaknyamanan_Pa...
File size: 573.23K
Page count: 7
Word count: 3,051
Character count: 18,486
Submission date: 12-Sep-2024 09:21PM (UTC+0900)
Submission ID: 2446331486

JURNAL KESEHATAN ILMIAH INDONESIA
INDONESIAN HEALTH SCIENTIFIC JOURNAL

PENGARUH PRENATAL YOGA TERHADAP KETIDAKNYAMANAN PADA
IBU HAMIL TRIMESTER III DI PUSKESMAS PARGARUTAN
TAHUN 2020

Sri Sartika Sari Dewi¹, Ismayanti Nasution², Mastiur Napitupulu³

¹ Dosen Program Studi Kebidanan Program Sarjana Universitas Arafah Royhan Padangsidimpruan
² Mahasiswa Program Studi Kebidanan Program Sarjana Universitas Arafah Royhan Padangsidimpruan
³ Dosen Program Studi Ilmu Keperawatan Program Sarjana Universitas Arafah Royhan Padangsidimpruan
srisartikasari82@gmail.com, ismay7308@gmail.com

ABSTRAK

Ketidaknyamanan yang sering dirasakan ibu hamil pada trimester seperti sering buang air kecil, sulit tidur, sesak nafas dan sakit pinggang, mudah lelah dan kram pada kaki yang sering dirasakan pada malam hari. Tujuan penelitian untuk mengetahui pengaruh prenatal yoga terhadap ketidaknyamanan pada ibu hamil trimester III di Puskesmas Pargarutan. Jenis dan desain penelitian adalah kuantitatif dengan desain analitik eksperimental dengan pendekatan *pretest-post test one group design*. Populasi adalah semua ibu hamil trimester III di Puskesmas Pargarutan berjumlah 25 orang, teknik pengambilan sampel adalah total populasi. Analisa data yaitu analisis univariat dan analisis bivariat dengan uji T dependen. Hasil penelitian menunjukkan sebelum dilakukan prenatal yoga, rerata ketidaknyamanan pada ibu hamil trimester III yaitu 1,500, setelah prenatal yoga, rerata ketidaknyamanan pada ibu hamil trimester III yaitu 1,160. Ada pengaruh prenatal yoga terhadap ketidaknyamanan pada ibu hamil trimester III di Puskesmas Pargarutan dengan nilai $p \text{ value} = 0,001 < \alpha = 0,05$. Bidan dalam melaksanakan asuhan kehamilan hendaknya menerapkan prenatal yoga dalam pelaksanaan kelas ibu hamil sehingga ibu hamil dapat melakukan prenatal yoga secara mandiri.

Kata Kunci: Prenatal Yoga, ketidaknyamanan, ibu hamil trimester III

ABSTRACT

The discomfort that is often felt by pregnant women in the trimester such as frequent urination, difficulty sleeping, shortness of breath and back pain, fatigue and leg cramps that are often felt at night. The purpose of this study was to determine the effect of prenatal yoga on discomfort in third trimester pregnant women at Pargarutan Health Center. The type and design of the research was quantitative with a pre-experimental analytical design with a pretest-post test one group design approach. The population was all pregnant women in the third trimester at Pargarutan Health Center totaling 25 people, the sampling technique was the total population. Data analysis was univariate analysis and bivariate analysis with dependent T test. The conclusion showed that before doing prenatal yoga, the average discomfort for pregnant women in the third trimester was 1.500. After doing prenatal yoga, the average discomfort for pregnant women in the third trimester was 1.160. There is an effect of prenatal yoga on discomfort in third trimester pregnant women at Pargarutan Health Center with $p \text{ value} = 0.001 < \alpha = 0.05$. Midwives in carrying out pregnancy care should apply prenatal yoga in pregnant women classes so that pregnant women can do prenatal yoga independently.

Keywords: Prenatal Yoga, discomfort, pregnant women third trimester

VOL. 5 NO 2 DESEMBER 2020

47