

Faktor faktor yang mempengaruhi motivasi ibu hamil untuk melakukan senam hamil di Kota Semarang = Factors influencing pregnant women's motivation to perform pregnancy exercises in Semarang

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Abstrak

Tingginya AKI dan AKB di Indonesia disebabkan komplikasi persalinan yang tinggi. Hal ini disebabkan ibu tidak siap fisik dan psikologis menghadapi persalinan. Penelitian ini bertujuan mengidentifikasi faktor - faktor yang mempengaruhi motivasi ibu hamil untuk melakukan senam hamil. Desain penelitian case control study bersifat retrospektif melibatkan 206 responden ibu hamil. Analisis menggunakan uji Chi-square dan regresi logistik ganda.

Hasil penelitian terdapat hubungan signifikan antara penghasilan, pekerjaan, keyakinan dan budaya, status kesehatan, dukungan sosial, dan informasi kesehatan terhadap motivasi ibu hamil untuk melakukan senam hamil (p value $< 0,05$). Faktor yang berhubungan signifikan terhadap motivasi ibu hamil untuk tidak melakukan senam hamil adalah keyakinan dan budaya, status kesehatan, dan dukungan sosial (p value $< 0,05$).

Faktor dominan terhadap motivasi ibu melakukan senam hamil adalah keyakinan dan budaya, sedangkan pada kelompok yang tidak melakukan senam hamil adalah dukungan sosial. Perawat maternitas diharapkan memberikan dukungan sosial kepada ibu hamil untuk meningkatkan motivasi melakukan senam hamil.

.....High maternal and infant mortality rate in Indonesia is caused by the high number of labor complications. It is because mothers are not physically and psychologically ready to face labor. This study aimed to identify factors influencing pregnant women's motivation to perform pregnancy exercises. The study design was a retrospective case control study involving 206 pregnant women as the respondents. Data were analyzed using Chi-square test and binary logistic regression.

The result showed a significant correlation between income, occupation, belief and culture, health status, social support, and health information and the pregnant women's motivation to perform pregnancy exercises (p value $< 0,05$). While factors correlated significantly to the pregnant women's motivation not to perform pregnancy exercises were belief and culture, health status, and social support (p value $< 0,05$).

The dominant factor to motivate mothers to accomplish pregnancy exercises were belief and culture, while in the group of mothers who did not perform pregnancy exercises was social support. Maternity nurses are expected to provide social supports to pregnant women to improve their motivation to accomplish pregnancy exercises.