

THE ROLE OF THE MIDWIFER IN PROVIDING EDUCATION ABOUT THE BENEFITS OF PREGNANCY EXERCISES AT THE PATTINGALLOANG HEALTH CENTER

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Abstract

Background: Pregnancy exercise is exercise that is done to prepare and train the muscles so that they can be used to function optimally in normal childbirth. Pregnancy exercise is very important for pregnant women to do after 22 weeks of pregnancy. Pregnancy exercise aims to relax or to prepare the pregnant woman mentally and physically. **Objective:** The aim of this research is to determine the role of midwives in providing education about the benefits of pregnancy exercise. **Method:** The method used was descriptive with a sampling technique, namely accidental sampling with a sample size of 31 respondents at the Pattingalloang Makassar Community Health Center. **Result:** The results of this study showed that there were 21 respondents who played a good role in providing education about the benefits of pregnancy exercise with a percentage of (67.7%) and 10 respondents who played a sufficient role in providing education about the benefits of pregnancy exercise with a percentage of (32.3%). **Conclusion:** The conclusion is that there is a need to increase the role of midwives in providing counseling about the benefits of pregnancy exercise for pregnant women.

Keywords: role of midwife, education, pregnancy exercise

BACKGROUND

Pregnancy exercise is exercise that is done to prepare and train the muscles so that they can be used to function optimally in normal childbirth. Pregnancy exercise is very important for pregnant women to do after 22 weeks of pregnancy and aims to relax and prepare the pregnant woman mentally and physically in preparation for childbirth (Wahyuni, 2017).

The American College of Obstetrics and Gynecology recommends exercising for 20 to 30 minutes every day of the week to maintain maternal health. Newton and May are of the opinion that pregnancy exercise is safe for pregnant women, and recommend that pregnant women do light exercise during pregnancy (Newton and May, 2017).

Midwives as health workers who have independent authority in providing care for pregnant women, need to have standardized professional skills. The form of midwifery intervention action used in the conventional midwifery service system has been agreed upon by certain scientific groups and is used as the basis for patient care which is supported by the use of standards in midwifery actions which are based on the results of systematic studies and certain evidence bases (Mandriwati, 2018).

Midwives are at the forefront of maternal and child health services, so knowledge, skills and attitudes must continue to be continuous and increase. The role of midwives as promotive and preventive agents for health requires being responsive and innovative in dealing with situations. Professionalism in handling is highly demanded when dealing with problems in pregnancy. One effort to improve service quality is through providing education about the benefits of pregnancy exercise during pregnancy (Istiqomah, 2018).

Pregnancy exercise can be beneficial for body care and reducing the emergence of various disorders due to changes in body posture. Pregnancy exercise training cannot be said to be perfect if its implementation is not organized regularly and intensively (Suryani, 2018).

Based on preliminary data obtained at the Pattingalloang Community Health Center, on May 24 2021, by means of brief interviews with 6 third trimester pregnant women who visited for examinations at the KIA, the mothers said that they had never participated in pregnancy exercise, and had never received information about pregnancy exercise. by the midwife. In December 2020 there were 32 pregnant women in the third trimester, then in April 2021 there were 34 pregnant women in the third trimester who visited for pregnancy checks at the Pattingalloang Community Health Center.

Efforts to improve the quality of midwifery services are determined by skills in effective communication in the form of providing good education to patients, because education is an inseparable part of midwifery services, especially during pregnancy.

METHODS

The method used in this research is the descriptive method, namely research procedures or problem solving that are investigated by describing the subjects or objects used in the form of people, institutions, society and others. This research was conducted in June-July 2021 at the Pattingalloang Makassar Community Health Center. The sampling technique in this research is non-probability sampling using accidental sampling technique with a sample size of 31 respondents.

RESULTS AND DISCUSSION

a. Respondent characteristics

Table 1 Frequency distribution of respondents based on age, education, length of work, the role of midwives in providing education about the benefits of pregnancy exercise at the Pattingalloang Community Health Center

Respondents	N	%
Age		
25-35 Years	15	49
36-45 years	11	35
>45 years	5	16
Education		
DI	2	6
DIII	10	32
DIV	13	42
S1	2	6
S2	4	13
Length of work		
<10 tahun	5	16
10-15 tahun	10	32
16-25 tahun	11	36
>25 tahun	5	16

Source: Primary data 2021

Based on Table 1, it can be seen that of the 31 respondents there were 15 (49%) respondents aged 25-25 years, and in terms of education the majority of respondents were at the DIV level, namely 13 (42%) respondents, while the length of work was mostly in the 10-15 year range. with a total of 10 respondents (32%).

b. The role of the midwife

Table 2 Frequency Distribution of Respondents Based on the Role of Midwives in Providing Education About the Benefits of Pregnancy Exercise at the Pattingalloang Community Health Center

Role of the Midwife	Frequency	%
Just	10	32,3
Good	21	67,7
Total	31	100

Source: Primary data 2021

Based on Table 2, it can be seen that of the 31 respondents there were 21 respondents who had a good role (67.7%) and 10 (32.3) respondents had a sufficient role.

Based on the results of research conducted, there were 21 (67.7%) respondents who played a good role in providing education about the benefits of pregnancy exercise at the Makassar Pattingalloang Community Health Center.

Midwives as health workers have several roles, namely as communicators, facilitators, counselors and motivators (Rini, 2017). The role of the midwife as a communicator is to convey messages or stimuli to other people in the hope that the other party who receives the message will respond to the message given. Apart from that, midwives as educators must be able to carry out their role in increasing mothers' knowledge. The more often health workers provide education about the benefits of postpartum exercise to postpartum mothers, the more likely they

are to do it even without being accompanied by a health worker (Halimah, 2018). Seeing the benefits of postpartum exercise for postpartum mothers really requires an important role from the family or their own wishes with efforts, as well as the role of health workers that must be increased, namely promotive and preventive efforts, promotive efforts for example providing education about the benefits of postpartum exercise.

One method to improve the knowledge and skills of midwives is through training. Knowledge, skills and attitudes are components of behavior. The research results stated that there was an increase in the skills of midwives who had received training (Dwirahayu, 2012).

Providing education is said to be effective if health workers are able to provide clear information to patients. Furthermore, midwives must also be able to evaluate the patient's or mother's understanding of the information provided (Riyanti, 2018).

Pregnant women are advised to take part in pregnancy exercises when their pregnancy reaches 6 months of age. According to Agnesia (2012), the most suitable type of exercise for pregnant women is pregnancy exercise, adjusted to the many physical changes such as the genital organs, the stomach getting bigger, and so on. Pregnant women should prepare everything that can help during pregnancy and during the birthing process, one of which is doing pregnancy exercises. By following pregnancy exercises regularly and intensively, pregnant women can maintain optimal health of their body and fetus (Widyawati, 2018).

In line with research conducted by Sulistiyaningsih (2017), the knowledge of pregnant women about pregnancy exercise at BPM Kuswatiningsih Sleman Yogyakarta was 47 respondents with the definition of pregnancy exercise in the good category being 23 respondents (48.9%), regarding the purpose of pregnancy exercise in the good category 23 respondents (48.9%), the benefits of pregnancy exercise in the sufficient category were 19 respondents (40.4%), about the contraindications of pregnancy exercise in the less category there were 47 respondents (100.0%), about the requirements for doing pregnancy exercise in the good category as many as 39 respondents (83.0%), and time and implementation in the sufficient category were 21 respondents (44.7%).

CONCLUSION

Based on the results of the research conducted, there were 21 (67.7%) respondents who played a good role and 10 (32.3%) respondents played a sufficient role in providing education about the benefits of pregnancy exercise at the Makassar Pattingalloang Community Health Center.

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