

ABSTRAK

PENGARUH SENAM HAMIL TERHADAP KECEMASAN MENGHADAPI PERSALINAN PADA IBU HAMIL PRIMIGRAVIDA TRIMESTER III DI PERSADA HOSPITAL MALANG

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Latar Belakang: Kehamilan trimester III pada ibu hamil primigravida sering disertai perubahan fisik dan psikologis yang meningkatkan kecemasan menjelang persalinan. Kecemasan yang tidak terkelola dapat berdampak negatif terhadap kesiapan ibu dan proses persalinan. Senam hamil merupakan intervensi nonfarmakologis yang berpotensi menurunkan kecemasan. Penelitian ini bertujuan menganalisis pengaruh senam hamil terhadap tingkat kecemasan menghadapi persalinan pada ibu hamil primigravida trimester III di Persada Hospital Malang.

Metode: Penelitian kuantitatif dengan desain *pre-eksperimental one group pretest-posttest*. Sampel sebanyak 30 ibu hamil primigravida trimester III dipilih menggunakan teknik total sampling. Tingkat kecemasan diukur sebelum dan sesudah intervensi senam hamil. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Wilcoxon Signed Rank Test dengan $\alpha = 0,05$.

Hasil: Sebelum intervensi, mayoritas responden mengalami kecemasan ringan (43,3%) dan sedang (33,3%), serta kecemasan berat (13,3%), dan 10,0% tidak cemas. Setelah intervensi, sebagian besar responden tidak cemas (63,3%), diikuti kecemasan ringan (30,0%), sedangkan kecemasan sedang dan berat masing-masing 3,3%. Uji Wilcoxon menunjukkan p value = 0,000 ($p \leq 0,05$).

Kesimpulan: Senam hamil berpengaruh signifikan dalam menurunkan tingkat kecemasan menghadapi persalinan pada ibu hamil primigravida trimester III di Persada Hospital Malang. Penurunan kecemasan ini diduga berkaitan dengan kombinasi aktivitas fisik ringan, latihan pernapasan, dan teknik relaksasi dalam senam hamil yang membantu ibu mengontrol respons stres, meningkatkan rasa nyaman, serta memperkuat kesiapan psikologis menjelang persalinan.

Kata kunci: Senam Hamil, Kecemasan, Ibu Hamil Primigravida, Trimester III, Persalinan.

ABSTRACT

THE EFFECT OF PREGNANCY EXERCISE ON ANXIETY IN FACING CHILDBIRTH AMONG THIRD-TRIMESTER PRIMIGRAVIDA PREGNANT WOMEN AT PERSADA HOSPITAL MALANG

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Background: Third-trimester pregnancy in primigravida women is often accompanied by physical and psychological changes that increase anxiety in facing childbirth. Unmanaged anxiety can negatively affect maternal readiness and the labor process. Pregnancy exercise is a non-pharmacological intervention with the potential to reduce anxiety. This study aimed to analyze the effect of pregnancy exercise on the level of anxiety in facing childbirth among third-trimester primigravida pregnant women at Persada Hospital Malang.

Methods: This quantitative study employed a pre-experimental one-group pretest–posttest design. A sample of 30 third-trimester primigravida pregnant women was selected using total sampling. Anxiety levels were measured before and after the pregnancy exercise intervention. Data were analyzed using univariate and bivariate analyses with the Wilcoxon Signed Rank Test at a significance level of $\alpha = 0.05$.

*Results: Before the intervention, most respondents experienced mild anxiety (43.3%) and moderate anxiety (33.3%), while 13.3% experienced severe anxiety and 10.0% reported no anxiety. After the intervention, the majority of respondents reported no anxiety (63.3%), followed by mild anxiety (30.0%), whereas moderate and severe anxiety were each reported by only 3.3% of respondents. The Wilcoxon test showed a *p*-value of 0.000 ($p \leq 0.05$).*

Conclusion: Prenatal exercise has a significant effect in reducing anxiety levels related to childbirth among third-trimester primigravida pregnant women at Persada Hospital Malang. This reduction in anxiety is thought to be associated with the combination of light physical activity, breathing exercises, and relaxation techniques in prenatal exercise, which help mothers regulate stress responses, enhance comfort, and strengthen psychological readiness for labor and delivery.

Keywords: pregnancy exercise, anxiety, primigravida pregnant women, third trimester, childbirth.

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