

Pregnancy Exercises for Pregnant Women at Home During the Covid-19 Pandemic in the Work Area of the Telaga Biru Health Center, Gorontalo Regency

Harismayanti¹, Ani Retni¹, Irma Suryanti Dunggio², Moh. Rivaldo Adam², Aninda J. Noiyo²

¹Lecturer of the Department of Nursing, Muhammadiyah University of Gorontalo Indonesia

²Nurse Profession Student, Muhammadiyah University of Gorontalo Indonesia

Abstract. Pregnancy exercise is a fitness program intended for pregnant women. Therefore, pregnancy exercise has the principles of special movements that are adapted to the condition of pregnant women. The exercises in pregnancy gymnastics are specially designed to make pregnant women healthy and fit, reduce complaints that arise during pregnancy, and prepare physically and psychologically for mothers to face childbirth. The purpose of community service is to increase knowledge of pregnant women about Pregnancy Exercises during pregnancy in the Telaga Biru Health Center Work Area in order to increase health care during pregnancy during the Covid-19 pandemic. The method used is education using Power Points, Leaflets, and demonstrations about Pregnancy Exercises for Pregnant Women during the Covid-19 Pandemic. The results of this activity achieved good results because as many as 10 pregnant women were willing to take part in counseling and were willing to apply Maternity Gymnastics at home during the Covid-19 pandemic. The conclusion of this community service is that counseling can increase participants' knowledge and can understand and apply counseling materials in everyday life

Keywords: Pregnancy Exercise, Covid-19, Pregnant Woman

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INTRODUCTION

Pregnancy exercise is a fitness program intended for pregnant women. Therefore, pregnancy exercise has the principles of special movements that are adapted to the condition of pregnant women. The exercises in pregnancy gymnastics are specially designed to make pregnant women healthy and fit, reduce complaints that arise during pregnancy, and prepare physically and psychologically for mothers to face childbirth (Rahayu & Setiadji, 2018).

Based on the results of the 2015-2018 Intercensus Survey (SUPAS), the Maternal Mortality Rate (MMR) reached 305 per 100,000 live births. This means that in the birth event, there have been 305 maternal deaths (MMR) caused by several factors, starting

from the process during pregnancy, the process during childbirth is just typing the puerperium (maternal process). This figure is still far from the health development target stated in the Sustainable Development Goals (SDGS), which is 70 per 100,000 live births (IDHS, 2017).

The direct cause of maternal death more than 90% is the result of obstetric complications, especially complications of childbirth. Factors that cause complications of pregnancy and childbirth are caused by distant determinants and intermediate determinants. Both of these determinants have the possibility of complications during pregnancy and childbirth which in turn can cause maternal death. The intermediate determinants include the health status of pregnant women, reproductive status, access to health services and behavior/use of health services, while the distant determinants include the status of the mother in the family and society, the status of the family in the community and the status of the community. The MMR reduction strategy requires an integrated approach, including empowering women and families in terms of increasing access to education for women; developing women's resources, increasing family and community involvement, increasing opportunities and the role of women in the world of work, cross-sectoral, cross-institutional partnerships, and strengthening traditions that support the safety of pregnant women (Mikkelsen, 2011).

The Covid-19 pandemic situation that is currently engulfing Indonesia greatly affects the access of pregnant women to health services, this is due to the implementation of social distancing to prevent and reduce the spread of the covid virus. These restrictions affect the visits of pregnant women to health facilities to obtain health education services as well as monitoring the health of the mother and fetus (Gaffield et al., 2001). One of the strategic steps is to increase knowledge, awareness and motivation of pregnant women, husbands, families and communities towards improving behavior towards preventing complications of pregnancy and childbirth (Fathnezhad-Kazemi & Hajian, 2019). This can be done through family or community empowerment and participation activities. Participation is voluntary involvement by the community in self-determined change, it can also be interpreted as community involvement in the development of themselves, their lives and their environment (Mikkelsen, 2011).

Community empowerment is intended so that the community can determine practices/actions to solve problems faced and manage planned activities, both increasing individual capacity, increasing control efforts, improving institutions and improving the environment (Handayani, 2021). The purpose of empowerment is to increase the capacity and capability of the community to be able to recognize the problems they face, be able to explore and utilize available resources, and be able to clearly exist (Purwanti, 2011).

Based on the above background, the purpose of this research is to prevent pregnant women from being easily exposed to the covid 19 virus. Urgency of Research The situation of the COVID-19 pandemic imposes social distancing so as to limit the visits and activities of pregnant women in an effort to improve health during the pregnancy period, so it is necessary to empower the prevention of complications in pregnancy. during pregnancy and childbirth, as one of the strategic models in the Covid-19 pandemic situation, so that pregnant women and babies during the implementation of social distancing remain healthy and there are no complications.

RESULTS AND DISCUSSION

The mechanism for implementing community service activities includes the following stages: (1) Division of community service groups; (2) Consultation with the Head of the Puskesmas and the Coordinator Midwife of the Telaga Biru Health Center; (3) Preparation of tools and materials for extension activities. Materials for preparation and counseling for pregnant women include: (1) preparing a training site; (2) Prepare the mat; (3) Conducting a Pregnancy Gymnastics Demonstration; (4) Forming small groups; (5) Supervise and guide each of these small groups in practicing exercise for pregnant women

The form of community service activities that will be carried out by Lecturers and Students of the University of Muhammadiyah Gorontalo is counseling about Pregnancy Exercises for Pregnant Women at home during the Covid 19 Pandemic in the Telaga Biru Health Center Work Area, Telaga Biru District, Gorontalo Regency. The method of activities carried out in this activity is the percentage with the help of Powerpoint, Leaflets, lectures, demonstrations, and discussions with documentation, materials and attendance list attached.

Lecturers and students held a meeting with the Head of the Telaga Biru Health Center and the Coordinator Midwife to prepare for the placement of service students and things that needed to be known about the situation and condition of the Telaga Biru Health Center. The stages of implementing health education activities on Pregnant Gymnastics at home during the Covid-19 Pandemic at the Telaga Biru Health Center, Telaga Biru District, Gorontalo Regency.

The results achieved with this activity, the Telaga Biru Health Center are very supportive and give thanks because the Muhammadiyah University of Gorontalo, especially the Department of Nursing in carrying out this activity, all series of activities have been carried out with achieving good results because pregnant women who are willing to attend counseling as many as 10 people and in accordance with reports on evidence of activities carried out.

CONCLUSION

Pregnancy exercise is a fitness program intended for pregnant women. Therefore, pregnancy exercise has the principles of special movements that are adapted to the condition of pregnant women. The exercises in pregnancy gymnastics are specially designed to make pregnant women healthy and fit, reduce complaints that arise during pregnancy, and prepare physically and psychologically for mothers to face childbirth.

The direct cause of maternal death more than 90% is the result of obstetric complications, especially complications of childbirth. The strategy for reducing MMR requires an integrated approach, among others, through empowerment and participation of families or communities. The COVID-19 pandemic situation enforces social distancing so as to limit the visits and activities of pregnant women in an effort to improve health during the pregnancy period, so that an empowerment is needed to prevent complications during pregnancy and childbirth.

It is hoped that after doing this counseling, pregnant women can add insight related to Pregnancy Exercises and Covid-19. This information can be obtained by reading books, or looking for other sources of information such as internet media in the hope that respondents can obtain this information.

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