

# **RELATION OF EDUCATION LEVEL AND KNOWLEDGE ON MOTIVATION IN DOING GYMNASTICS IN THIRD TRIMESTER PREGNANT WOMAN IN BENGKULU CITY**

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## **Abstrak**

The purpose of this study was to analyze the correlation between education and knowledge level on motivation in doing gymnastics in third trimester pregnant women in Bengkulu city. The method used in this study is cross-sectional, because researchers do observation or measurement of variables with the approach at once at one time. The population used were all pregnant women of third trimester at 5 public health centers of Bengkulu city, amounting to 107 pregnant women. Data collection techniques in this study is a questionnaire (questionnaire) by conducting tests before and after applied knowledge about pregnancy exercise. Technique of data analysis in this research use chi square test. Based on the output using computerized system program spss version 16 for windows with a significant level of small p of 0.05 that the value of education level is 0.751 and the value of knowledge is 0.671. Based on the results of this study, it can be concluded that there is no relationship between the level of education and knowledge of motivation in doing gymnastics in third trimester pregnant women in the city of Bengkulu because more than the standard value of chi square is 0.05. It is recommended to connect in the form of other variations to be more easily applied to pregnant women third trimester.

**Keywords:** Level of Education, Knowledge, Motivation, Pregnancy Exercise

## **PRELIMINARY**

### **Background**

Pregnancy is a process that begins since the meeting of sperm and ovum in a woman's uterus. The sperm and ovum meetings form the zygote (Wiknjosastro, 2006). Pregnancy results in changes in pregnant women, including changes in physical changes and psychological changes. Physical changes such as an enlarged abdominal state. Psychological changes that occur such as anxiety facing childbirth and anxiety about the condition of the baby in the womb (Mochtar, 2004).

The purpose of pregnancy exercise will be achieved if the gymnastics performed regularly and programmed so that it can support terbinanya element of physical fitness. By doing gymnastics, the neuromuscular system (the nervous system, the muscles and the joints) will be a good job so that the element of physical fitness will develop well. Gymnastics pregnant a form of light exercise program whose exercise combines various movements of gymnastics to provide flexibility, strength of body, and breathing arrangements (Aulia, 2014).

Preliminary study results in Bengkulu city found that health education about pregnancy exercise has been given but pregnant women considered not important. In puskesmas also provide services to do pregnancy exercise but most pregnant women do not do pregnancy exercise because it is considered the same benefits as those who do not

do. Based on the background, it is necessary to do further research on the relationship between education level with knowledge and motivation to perform pregnancy exercise in pregnant women third trimester in Bengkulu city.

### **Formulation of the problem**

From the identification and limitation of the above problems can be formulated problems in this study is whether there is a relationship level of education and knowledge of motivation in doing gymnastics in trimester pregnant women III in the city of Bengkulu.

### **Aim**

To analyze the correlation of education level and knowledge on motivation in doing gymnastics in third trimester pregnant woman in Bengkulu city.

## **LITERATURE REVIEW**

Education level is one social aspect that can affect human behavior. Education will affect a person in responding to something that comes from outside. People who have higher education will respond more rationally than those who are not educated unable to face challenges rationally (Anggraini, 2016). Education can increase one's intellectual maturity. This intellectual maturity affects the insights, ways of thinking, both in the way of decision making and in policy making. The higher the education formal, the better the knowledge of health (Amalia, 2009).

Knowledge is the result of tau and this happens after people make sense to a particular object. Knowledge takes place through the five senses of man, namely:

- a. Sense of vision
- b. The sense of hearing
- c. The sense of smell
- d. Taste senses
- e. The sense of touch

Knowledge of a person can change and develop according to ability, needs, experience and high mobility of information about something in their environment (Notoadmojo, 2003).

Motivation is an internal condition that awakens us to action, encourages us to achieve certain goals and keeps us interested in certain activities (Fery, 2009: 14). Meanwhile, according to McDonald quoted by Sardiman (2011: 74), the motivation is a change of energy in a person characterized by the emergence of "feeling" and preceded by a response to the purpose. From that sense it contains three important elements: (a) That motivation initiates the occurrence of change of energy in each individual human self, (b) Motivation is characterized by emergence, feeling / feeling, affection of someone and (c) Motivation will be stimulated because presence. According Notoatmodjo, 2003 that the source of encouragement to behavior, motivation can be differentiated into two, namely

- a. Interactive Motivation

Interactive motivation is the motivation that comes from the needs so that people become satisfied.

#### b. Extrinsic Motivation

Extrinsic motivation is the outward motivation that is the influence of others or the environment.

Pregnancy gymnastics is a fitness program that is intended for pregnant women so it has the principles of a special movement tailored to the condition of pregnant women. Pregnant gymnastic exercises are specially designed to nourish and nourish pregnant women, reduce complaints that arise during pregnancy and prepare the physical and psychological mothers in the face of childbirth. Pregnancy exercises usually begin during pregnancy entering the third trimester, which is around the age of 28-30 weeks of pregnancy (Ida, 2012).

Gymnastics pregnancy is a motion exercise therapy to prepare a pregnant mother both physically and mentally in a fast, safe and spontaneous labor. Exercises performed during pregnancy will help the mother in the face of stress and anxiety. The essence of pregnancy exercise itself is to train breathing before delivery. So that in the moments of the baby's birth, the mother can relax and control the situation. Pregnancy gymnastics usually begins during pregnancy entering the third trimester, which is around the age of 28-30 weeks of pregnancy (MOH, 2009 & Rastegari, 2005).

Exercise is important for pregnant women in getting a healthy and fit body. In addition to maintaining fitness, pregnant exercise is also needed in improving the physical and mental readiness of the mother during the delivery process. Health experts share the goal of pregnant exercise in two, namely general and special goals. The common goal of pregnant exercise is to maintain the condition of muscle and joint muscles that play a role in the mechanism of labor, enhance physical health and psychic, increase self-belief and weigh into physiological deliveries. While the goal is specifically to strengthen and maintain muscle elasticity of the abdominal wall muscle, pelvic floor muscle muscles, ligaments and tissues and master the technique of respiratory techniques in labor (Aulia, 2014).

Aulia (2014) explains that there are several types of pregnancy exercises, namely:

##### 1. Relaxation

Relaxation is a breathing exercise and concentration of mind. The benefit is to calm the mind and body, helping mothers save energy in labor.

## 2. Pelvic Fitness

The benefits of this exercise is to strengthen the muscles of the vaginal muscles and surrounding (perinial) as a preparation for labor.

Gymnastics proven to help mothers adjust to changes in body metabolism during pregnancy. The advantage is increased oxygen levels in the body and blood flow to the heart. Pregnancy exercises can help the heart function against heart or cardiovascular role changes during pregnancy, so that mothers feel healthier and less breathless. When pregnant women rest in a sitting or lying down, the muscles of the abdominal and uterine muscles are also relaxed. Thus, the flow of blood kerahim, the amount of oxygen, and nutrients needed by the fetus is increasing.

### METHOD

Based on the time of the research, this research is a cross-sectional research, because the researcher did observation or measurement of variable with approach at once at one time. The instrument used in this study is a questionnaire that contains written statements about pregnancy gymnastics and the instrument is measured using Guttman scale and Likert scale To determine the relationship level of education and knowledge of motivation in doing gymnastics in trimester pregnant women in the city of Bengkulu do chi square test.

### RESEARCH RESULT

The research was conducted in 5 health centers of Bengkulu city, namely Puskesmas Sentiong, Pasar Melintang Puskesmas, Padang Serai Health Center, Fish Market Market and Puskesmas Kandang. The selection of 5 health centers is in because based on data obtained from the Bengkulu City Office, 5 Puskesmas is a health center that has the highest number of pregnant women.

#### Characteristics of Respondents

Age

Age	Amount	f(%)
< 30 years	72	67 %
> 30 years	35	33 %

Based on the above table it is known that the age of most respondents is <30 years of 72 pregnant women with a percentage of 67%. While the age of respondents > 30 years amounted to 35 pregnant women with a percentage of 33%.

Education

Education	Amount	f(%)
primary school	11	10 %
Junior high school	24	22 %
Senior High School	57	53 %

D1	0	0 %
D2	0	0 %
D3	1	1 %
D4	1	1 %
S1	13	12 %

Based on the above table it is known that the highest education respondents are Sma / Smk with the number of 57 pregnant women with a percentage of 53%. While the education of respondents Sd amounted to 11 pregnant women with percentage of 10%, SMP education amounted to 24 pregnant women with a percentage of 22%, D3 amounted to 1 pregnant women with percentage of 1%, D4 amounted to 1 percent of pregnant women and S1 education amounted to 13 pregnant women with a percentage of 12%.

## DISCUSSION

Based on the results of statistical data processing chi-square with 95% confidence level with the result ( $p = 0.751$ ). So it is concluded that there is no correlation between education level and motivation of pregnancy exercise. This does not agree with the study by Anggraini (2016), that the relationship between the level of education with interest in doing gymnastics pregnancy is based on several factors namely the education factor of respondents only to secondary education. The level of education is based on the weak economic factors of each respondent.

Based on the results of statistical data processing chi-square with 95% confidence with the result ( $p = 0.671$ ) so it is concluded that there is no relationship between knowledge with motivation pregnancy exercise. This agrees with the research of Mariani (2003) that not always the high-knowledge will do gymnastics pregnant. While the results of research Elizawarda (2016) that obtained the majority of knowledgeable mother and knowledge gained from the results of one's personal experience means more and more personal experience of a person will be the better knowledge. Knowledge is also influenced by several factors such as age and source of information and results interact with the surrounding environment.

## CONCLUSION

Based on research that has been done on third trimester pregnant woman in Bengkulu city got that:

1. There is no significant relationship between the level of education to motivation in doing gymnastics in third trimester pregnant women in the city of Bengkulu with  $p$ -value = 0.751.
2. There is no significant relationship between the knowledge of motivation in doing gymnastics in trimester pregnant women III in the city of Bengkulu with  $p$ -value = 0.671.
3. There is no correlation between level of education and knowledge on motivation in doing gymnastics in third trimester pregnant women in Bengkulu city because the result of  $p$ -value of two variables from chi square is more than standard  $p$ -value chi square that is  $p = 0,05$ .

## SUGGESTION

We recommend that future research can meet the limitations in this study such as; include other factors that affect the level of education and knowledge in pregnant women. Changing the scope of research sites, more diverse samples, sampling areas and research methods is felt to be performed to better represent better outcomes.

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