ORIGINAL RESEARCH

MOTIVATION OF PREGNANT WOMAN TO IMPLEMENT THE PREGNANCY GYMNASTIC

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ABSTRACT	Keywords
Gymnastics pregnancy gives a great contribution to the delivery process. Especially to reduce the feeling of stress and pain during childbirth. This research aimed to determine the motivation of pregnant women to implement pregnancy exercise in BPM Titi Ekawati STR, Keb Tampung Rejo Kecamatan Puri Mojokerto regency. The research design was descriptive. The population in this research was trimester II and III pregnant women in BPM Titi Ekawati STR, Keb Tampung Rejo Kecamatan Puri Mojokerto regency in 2016 which amounted to 16 people. The sampling technique used total sampling. The variable of research was the motivation of pregnant mother to carry out pregnancy exercise. Measuring tools using questionnaires. The result showed that respondents had high motivation as much as one respondent (6.2%), 13 respondents (81.2%) had the moderate motivation, and two respondents (12,5%) had low motivation. Data analysis used is frequency distribution and percentage. Medium motivation is owned by pregnant women because mothers only do pregnancy exercises if there is something to be desired, namely the presence of blood tests during pregnancy exercise classes. Pregnant women should be more motivated to do pregnancy gymnastic because it has benefits for pregnancy and before childbirth. Mothers can do pregnancy gymnastic that is held every one month or done in each home.	*Motivation,* *Pregnancy* Gymnastic

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PRELIMINARY

The motivation of pregnant women in following pregnancy gymnastics, there are several factors that are internal and external factors. Internal factors include knowledge, beliefs, attitudes, trust, and support of the husband. External factors include social environment and facilities. One of the impacts caused if the mother does not perform pregnancy exercise is a complaint that will be felt more than the mother who exercises pregnancy exercise. Complaints experienced by pregnant women could be a share of various complications such as bleeding, PEB and old parturition (Neni, 2015).

Pregnancy is a natural and physiological process. Any woman who has healthy reproductive organs, who have experienced menstruation, and sexual intercourse with a man whose reproductive organs are healthy, is very likely to have a pregnancy. During the growth and development of pregnancy from month to month required the ability of a pregnant mother to adapt to changes that occur in physical and mental (Mandriwati 2008).

Gymnastics pregnancy is not something new in Indonesia, but many pregnant women are less aware or even do not know about pregnancy exercise, but if the mother knows about pregnancy exercise there will be many benefits that will be obtained for pregnancy even for delivery (Anggriyana and Atikah , 2010 in Sa'adahl et al., 2012).

WHO estimates that about 15% of all pregnant women will experience conditions that develop into complications related to their pregnancies as well as life-threatening. Mothers who do gymnastics regularly during pregnancy, the discomfort is felt during pregnancy will be more reduced, and the process of healing postpartum will be faster than mothers who do not follow pregnancy gymnastics (Suratiah, 2013).

In BPM Ny. Titi Ekawati, STr., Keb June 2016 there are ten pregnant women. 4 of the 40% diligent following pregnancy exercise and the remaining 60% rarely follow pregnancy exercise. Pregnancy gymnastics can reduce the incidence of fetal distress. A gymnastics is also a form of coping method that can prevent the occurrence of physical stress due to pregnancy, such as reducing leg cramps, and back, improve the ability of the mother to adapt to changes in his body. (Widyawati, 2013).

From the previous research by Neni Nursepti Hudajanti entitled the relationship of knowledge level and motivation of primigravida mother with participation in pregnancy exercise at public health clinic subdistrict of raya river 1 the year 2015, some mothers do not do gymnastics pregnant with work reason and do not have free time, whereas gymnastics practice pregnant can be done at home. Some mothers who claim to work as housewives have other reasons not to follow pregnant gymnastics, that is because of the distance of money away from home so difficult to reach, whereas mother does not have a private vehicle and also difficult to find public transportation (Neni, 2015).

RESEARCH PURPOSE

Knowing the motivation of pregnant women to Implement The Pregnancy Gymnastic pregnant in BPM Ny. Titi Ekawati, STr., Keb

RESEARCH METHOD

The design of this research type of research used is descriptive research. The population is all pregnant women trimester II and III in BPM Ny. Titi Ekawati, STr., Keb. In this research sampling in total sampling. In this research, the sample is the pregnant mother of trimester II and III at BPM Ny. Titi Ekawati, STr., Keb.

A variable is something that is used as a feature, nature, or size that the research unit has about or acquired about a certain concept of understanding (Notoatmodjo, 2010). Variable in this research is the motivation of pregnant mother in carrying out pregnancy exercise. The data collected in this study is the primary data. Primary data is data obtained directly by the researchers by providing questionnaires to respondents.

The instrument used in this study is a questionnaire that is some written questions used to obtain information from respondents in the sense of a report about his personality, or other things he knows (Arikunto, 2010). Questionnaires used in this study is a closed questionnaire. The closed questionnaire is a questionnaire that has provided the answer so that respondents just choose (Arikunto, 2010). After the data collected then performed data processing through the stages of Editing, Coding, Scoring, and Tabulating.

1. Editing
   Is an activity that aims to re-examine whether the contents of the data collection sheet (questionnaire) is good enough as an effort to maintain quality and to be processed further (Notoatmodjo, 2010)

2. Coding
   Is classifying answers from respondents according to certain criteria. The classification is indicated by a particular code of numbers (Notoatmodjo, 2010)

3. Scoring
   Is the determination of the number of scores in this study using scale Likert with positive and negative statements, on the scale Likert score respondents answer depends on the statement in the instrument that is positive. SS: 1, S: 3, TS: 2 AND STS: 1 whereas negative, SS: 1, S: 2, TS: 3, STS: 4 then the data is processed in percentage with the following classification:
   Height: 66% score - 100%
   Medium: score 34% - 65%
   Low: score 0% - 33%
   (Hidayat, 2009).

4. Tabulating
   Tabulation is the preparation of data in the form of frequency distribution table (Notoatmodjo, 2010)

5. Analysis Data
   Data analysis is done descriptively by using the formula:

   $$P = \frac{f}{N} \times 100\%$$

   Information :
   P: percentage
   f: number of answers
   N: number of correct answers

The result of the research is interpreted by using the table reading according to Arikunto (2006) as follows:

All   : 100%
Almost all   : 76% - 99%
mostly   : 50% - 75%
a half   : 50%
nearly half : 26% - 49%
little   : 1% - 25%
n/a   : 0%

RESULTS AND DISCUSSION

4.1.1 General Data

Results of research conducted on 16 respondents obtained the results as in the following table:

1. **Characteristics of Respondents by the age of Mother**

Table 4.1 Characteristics of Respondents Based on Age Mom at BPMTiti Ekawati, STR.Keb Tampung Rejo Kecamatan Puri Kabupaten Mojokerto July 2016

age	Frequency	Prosentase (%)
< 20 years	2	12.5
20-35 years	11	68.8
> 35 years	3	18.8
Total	16	100

Source: Primary Data, July 2016

Based on Table 4.1 shows that most mothers aged 20-35 years were 11 respondents (68.8%)

2. **Characteristics of Respondents by Education**

Table 4.2 Characteristics of Respondents by Education at BPMTiti Ekawati, STR.Keb Tampung Rejo Kecamatan Puri Kabupaten Mojokerto July 2016

Education	Frequency	Percentage (%)
No school	0	0
SD	3	18.8
SMP	8	50.0
SLTA	5	31.2
university	0	0
Total	16	100

Source: Primary Data, July 2016

Based on table 4.2 shows that most respondents have a background in junior high education as much as eight respondents (50.0%)

3. **Characteristics of Respondents by Work**

Table 4.3 Characteristics of Respondents Based on Jobs at BPM Titi Ekawati, STR.Keb Tampung Rejo Kecamatan Puri Kabupaten Mojokerto July 2016

job	Frequency	percentage (%)
farmer	0	0
Self employed	3	18.8
Government	0	0
employee	13	81.2
Housewife		
Total	16	100

Source: Primary Data, July 2016

Based on table 4.3 shows that most respondents do not have a job or as housewives as many as 13 respondents (81.2%)

4. **Characteristics of Respondents Based on Information About Pregnant Gymnastics**

Table 4.4 Characteristics of Respondents Based on Got Information About Pregnancy Gymnastics at BPM Titi Ekawati, STR.Keb Tampung Rejo Kecamatan Puri Kabupaten Mojokerto July 2016

Husband support	Frequency	Prpercentage (%)
Yes	11	68.8
No	5	31.2
Total	16	100

Source: Primary Data, July 2016

Based on Table 4.4 shows most respondents know information about pregnancy exercise (68.8%).

5. Characteristics of Respondents Based on Information Sources

Table 4.5 Respondent Characteristics By Source of Information at BPM Titi Ekawati, STR.Keb Tampung Rejo District Puri District Mojokerto July 2016

Source	Frequency	percentage (%)
Health worker	7	43.8
Radio / tv	4	25.0
Newspaper/magazine	0	0
Others	0	0
n./a	5	31.2
Total	16	100

Source: Primary Data, July 2016

Based on table 4.5 shows that most respondents know information from health workers (43.8%).

6. Characteristics of Respondents Based on Husband Support

Table 4.6 Characteristics of Respondents Based on Husband Support at BPM Titi Ekawati, Village STR.Keb Tampung Rejo Kecamatan Puri Mojokerto Regency July 2016

Informasi	Frequency	percentage (%)
Yes	11	68.8
no	5	31.2
Total	16	100

Source: Primary Data, July 2016

Based on Table 4.6 shows most of the respondents got husband support (68.8%).

Custom Data

1. Motivate Gymnastic Pregnancy

Table 4.7 Respondent's Characteristics Based on Gymnastics Motivation Pregnant at BPM Titi Ekawati, STR.Keb Village Tampung Rejo District Puri Mojokerto Regency July 2016

Motivation	Frequency	Prpercentage (%)
high	1	6.2
medium	13	81.2
low	2	12.5
Total	16	100

Source: Primary Data, July 2016

Based on table 4.7 above-obtained data that the respondents have high motivation as much as 1 respondent (6.2%), 13 respondents (81.2%) have the moderate motivation, and 2 respondents (12.5%) have low motivation.

Discussion

Result of research on motivation of pregnant mother of trimester II and III which implement pregnancy exercise at BPM Titi Ekawati, STR.Keb Tampung Rejo Village, Puri Subdistrict, Mojokerto Regency, the

respondent data have medium motivation (81,2%).

Motivation that exists within the individual that encourages to act in order to meet physical needs such as physical needs, body, matter, objects or related to nature. Physical factors are factors associated with environmental conditions and conditions of a person include the physical condition of the environment that will affect one's motivation. The condition or condition of individuals whose physical condition is sick will have a strong motivation to speed up the healing process. A person's physical condition will affect one's behavior in everyday life (Rusmi, 2008). Intrinsic motivation is the motivation that comes from within the individual itself. While extrinsic motivation is the motivation that comes from outside the individual (Rusmi, 2008).

The moderate motivation in the respondent is due to extrinsic factors. Can be seen when the mother came to pregnancy gymnastics class just because there also held a blood test. The motivation of mothers to follow pregnancy exercise does not come from their own will but because of something they want.

CONCLUSIONS AND SUGGESTIONS
Conclusion
Motivation of pregnant women to carry out pregnancy exercise in BPM Titi Ekawati, STR.Keb Tampung Rejo Kecamatan Puri Kabupaten Mojokerto mostly low motivation. This is due to lack of interest in participating in pregnancy exercise. Ms. Just for pregnancy exercise if there is something to be desired.

Suggestion For respondents

Spend only one time a month to come following pregnancy exercise. If unable to do pregnancy exercises in their homes - each.

For Health Worker
To further motivate pregnant women to follow pregnancy exercise. It could be a way to provide counseling or holding a more enjoyable and creative gymnastics classes.
For the next researcher
Conducting research development on pregnant women's motivation to carry pregnancy exercise and obstacles factors and obstacles of pregnant women reluctant to follow pregnancy exercise.

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