

Jurnal TJPR v32n2-2021 THE
EFFECT OF THE COUNSELING
APPLICATION ON THE
EXERCISE.pdf
by

Submission date: 01-Jul-2021 06:05PM (UTC+0700)

Submission ID: 1614531763

File name: Jurnal TJPR v32n2-2021 THE EFFECT OF THE COUNSELING APPLICATION ON THE EXERCISE.pdf
(235.52K)

Word count: 2253

Character count: 12998

THE EFFECT OF THE COUNSELING APPLICATION ON THE EXERCISE AWARENESS OF PREGNANT WOMEN IN THE COVID-19 PANDEMIC

DESI PERTIWI¹, YUSRING SANUSI BASO², SRI RAMADANY³, SYAFRUDDIN SYARIF⁴, VENI HADJU⁵, ANDI NILAWATI USMAN⁶

¹Midwifery study program, graduate school, Hasanuddin University, Makassar

²Center for Media, Learning Resources and E-Learning, Hasanuddin University, Makassar

³Faculty of Medicine, Hasanuddin University, Makassar

⁴Electrical Engineering Department, Faculty of Engineering, Hasanuddin University, Makassar

⁵Nutrition Department, Faculty of Public Health, Hasanuddin University, Makassar

⁶Corresponding Author: deasy.pertiwi93@gmail.com

ABSTRACT

As a midwife, it is essential to provide information on pregnant women's health problems, including exercise for pregnant women. Providing the information aims that pregnant women will continue to do light movements at home (sports) and the COVID-19 pandemic. This pandemic problem currently happening around the world results in limited outdoor activities for pregnant women. Therefore, we created an application, "Tanya Bidan," addressed to pregnant women. By downloading this Android application, they can see material or videos such as balanced nutrition material for pregnant women, exercise material for pregnant women, the material on breastfeeding techniques for postpartum mothers, and material on implant contraceptive methods on couples of childbearing age. Methods: This type of research was quasi-experimental (one group pre-test and post-test design). This study's sample was 72 pregnant women whose gestation age was 24-42 weeks in the Padongko Community Health Center's work area, conducted from June-February 2021. Pre-test and post-test using a questionnaire on pregnant women's exercise knowledge were used to collect the data. The Wilcoxon test was applied for data analyses. Result: Statistically, the pre-test data gained a mean value of 1.01, with a minimum value of 1 and a maximum of 2. At the post-test, the mean value was 2.46, with a minimum of 2 and a maximum of 3. Based on the Wilcoxon test, the a-symp sign (2 tailed) had a value of 0.000 < 0.05. It shows an increase in exercise knowledge during the pre-test and post-test with the "Tanya Bidan" application. Conclusion: The usage of "Tanya Bidan" can effectively increase the knowledge of pregnant women's exercise in the COVID-19 era.

Keywords: Pregnant women, knowledge, Tanya Bidan application

I. INTRODUCTION

Pregnancy occurs where the fetus's intrauterine development and growth. The period initialized the fertilization and ended by the labor time. Regarding the pregnancy, it is classified to be normal at 280 days (40 weeks or nine months seven days) from the last menstrual day (1). However, various kinds of problems will endanger the mother and the fetus (2). Complications that will often arise are minor health problems that result in significant physiological changes in pregnant women. Even very serious problems can occur, such as the dangers of pregnancy (3).

Pregnant women with Android-based information technology need to be accessed anywhere for personnel health education. It can make it easier for pregnant women to increase their knowledge about pregnancy exercise for pregnant women.

In 2014, people in the world using smartphones reached 4.25 billion, of which half of the world uses smartphones. Indonesia itself was the third place in the Asia Pacific in 2015 to use the most smartphones. In

2017, the number of pregnant women in Indonesia reached 5,324,562 people (4). In 2018, the number of pregnant women in the Barru area was around 3,440, and in 2019 there were 3,429 pregnant women (5).

Exercise is very important during pregnancy if it is done consistently in the meetings held by the American Congress of Obstetricians and Gynecologists (ACOG). They recommend doing exercise (6). Their ACOG recommends doing light exercise for about 20-30 minutes every day during pregnancy and after giving birth. Each country then recommends exercising simultaneously; a recent study showed that exercise during pregnancy still lacks interest from pregnant women (7).

In ancient times, pregnant women were not advised to do pregnancy exercises. Times have changed where pregnant women have done many pregnancy exercises and get many very good benefits for mothers and their baby's health. However, still many pregnant women do not do it because of a lack of information about pregnancy exercise. Theory of Planned Behavior conducted a study to pregnant women that it was necessary to have a strong intention to do pregnancy exercise (8). It was found that problems occurred in pregnant women worldwide because many do not do the physical activity as suggested by their respective countries.

Thus, a study was conducted to determine the effect of counseling applications on increasing knowledge of exercise for pregnant women in the 2019 Covid pandemic.

Methods

This research type was a quasi-experimental (one group pre-test and post-test design) conducted in January-February 2021. This research was carried out in the working area of Padongko Public Health Centre (PUSKESMAS) with a population of 97 pregnant women, and the sample was 72 pregnant women. The sampling technique used purposive sampling, the instrument in this study was a "Tanya Bidan" application.

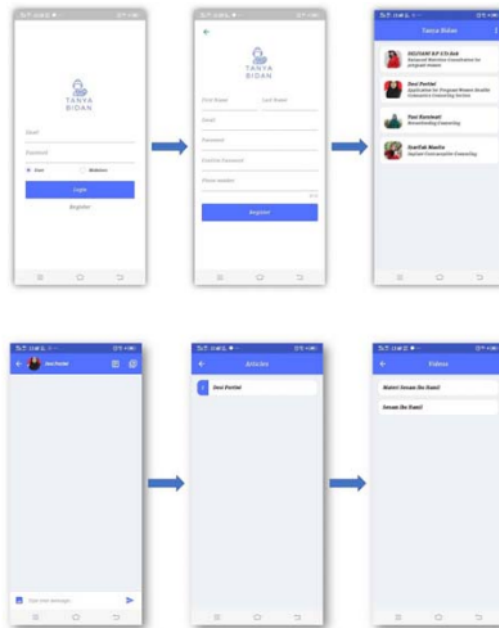


Figure 1. Tanya Bidan Application

Result

1. Respondent Characteristics

Table 1. Distribution sample by the age, pregnant women at Padongko Public Health Centre, Barru Regency.

Age (years)	N	%
< 18-20	12	17
21-35	51	71
36-40	7	10
41-42	2	3
Total	72	100

Table 2. Distribution sample by education, pregnant women at Padongko Public Health Centre, Barru Regency.

Education	N	%
Low		
Elementary school	10	14
Junior high school	19	26
High		
Senior high school	24	33
Diploma	11	15
Bachelor degree	8	11
Total	72	100

Table 3. Distribution sample by occupation, pregnant women at Padongko Public Health, Barru Regency.

Occupation	N	%
Housewife	41	57
Entrepreneur	25	35
Civil servants	6	8
Total	72	100

Table 4. Distribution sample by knowledge differences before and after being given the "Tanya Bidan" application.

Category	Pretest		Posttest	
	N	%	N	%
Good	0	0	33	46
Adequate	1	1	39	54
Lack	71	99	0	0
Total	72	100	72	100

2. Counseling Application to the Knowledge of Exercise of Pregnant Women in the COVID-19 Pandemic Era according to Age, Education, and Occupation

The study found that respondents aged <18-20 years were 17% (12 people). Respondent aged 21-35 years was 71%, with a total of 51 people. Respondent aged 36-40 years was 10% (7 people), and aged 41-42 years was 30% (2 people). Most respondents had high school education, with 33% (24 people) for their distribution based on education. According to the occupation, most of the respondents were housewives, with 57% (41 people).

1. Application of Counseling towards Knowledge of Exercise for Pregnant Women in the COVID-19 Pandemic Era Before and After the "Tanya Bidan" Application

The statistical test of pregnant women's knowledge shows a difference before and after being given the "Tanya Bidan" application. About 99% (71 people) were categorized as lack knowledge before intervention and increased about 46% categorized (33 people) as good knowledge after the intervention. It shows that the pre-test data obtained a mean value of 1.01 at a minimum of 1 and a maximum of 2. The post-test obtained a mean value of 2.46 at a minimum of 2 and a maximum of 3. According to the Wilcoxon test analysis, Asymp sign (2 tailed) had a value of 0.000 < 0.05, there was an increase in the knowledge of exercise for pregnant women at the time of the pre-test and post-test with the "Tanya Bidan" application.

CONCLUSION

After designing a counseling application to increase the knowledge of exercise in pregnant women, researchers can see the difference between the pre-test and post-test for pregnant women in the "Tanya Bidan" application. After giving the application to ask the midwife to pregnant women, the researcher found an increase in knowledge with the respondent's characteristics based on age, education, and employment status. After giving the application of "Tanya Bidan," there was an increase in pregnant women's knowledge of pregnant women's exercise. Besides, pregnant women can also find out about balanced nutrition, breastfeeding techniques, and implant contraceptive methods in fertile age couples.

REFERENCES

- Achyani, Yuni Eka. 2016. "Pengaruh Pengembangan Senam Hamil Terhadap Kecemasan Dan Kualitas Tidur Ibu Hamil Di Puskesmas Samata Kabupaten Gowa." (May): 31–48.
- Asosiasi Penyelenggara Jasa Internet Indonesia. 2018. "Buletin APJII Edisi 23 - April 2018." Apjii: 1–7. <https://apjii.or.id/download/file/BULETINAPJIIEDISI23April2018.pdf>.
- Belakang, A Latar. 2018. "Kematian Ibu Saat Melahirkan." : 1–9.
- Chan, Carmen W H, Elce Au Yeung, and Bernard M H Law. 2019. "Effectiveness of Physical Activity Interventions on Pregnancy-Related Outcomes among Pregnant Women : A Systematic Review."
- Christiana, Elisa, Sulchan Sofowean, and Herlin Fitriani Kurniawati. 2020. "Faktor-Faktor Yang Berhubungan Dengan Kinerja Tenaga Kesehatan Dalam Pelayanan Antenatal Care Terpadu." *Jurnal Kebidanan dan Keperawatan Aisyiah* 12(2): 135–42.
- Dewi, Astuti, and Ilyas Holidi. 2015. "Faktor-Faktor Yang Berhubungan Dengan Pemilihan Alat Kontrasepsi Suntik." *jurnal Artikel XI(2)*: 233–43.
- Dewi, Silvani, Imas Damayanti, Mustika Fitri, and Surdiniaty Ugelta. 2018. "Pengembangan Media Video Latihan Olahraga Kesehatan Bagi Masyarakat Umum Berbasis Web." *Jurnal Terapan Ilmu Keolahragaan* 3(1): 40.
- Ekelin, Maria, Mette Langeland Iversen, Mette Gronbek Backhausen, and Hanne Kristine Hegaard. 2018. "Not Now but Later - A Qualitative Study of Non-Exercising Pregnant Women's Views and Experiences of Exercise." *BMC Pregnancy and Childbirth* 18(1): 1–10.
- Emawati, Iis. 2017. "Uji Kelayakan Media Pembelajaran Interaktif Pada Mata Pelajaran Administrasi Server." *Elinvo (Electronics, Informatics, and Vocational Education)* 2(2): 204–10.
- Fatmawati, Endang. 2015. "Technology Acceptance Model (TAM) Untuk Menganalisis Sistem Informasi Perpustakaan." *Iqra' : Jurnal Perpustakaan Dan Informatika* 9(1): 1–13. <http://jurnal.uinsu.ac.id/index.php/iqra/article/view/66>.
- Guelfi, Kym J., et al. 2015. "A Comparison of Beliefs about Exercise during Pregnancy between Chinese and Australian Pregnant Women." *BMC Pregnancy and Childbirth* 15(1): 1–8. <http://dx.doi.org/10.1186/s12884-015-0734-6>.
- Handayani, Fitri, Herlin Fitriani, and Cahaya Indah Lestari. 2019. "Hubungan Umur Ibu Dan Paritas Dengan Kejadian Bblr Di Wilayah Puskesmas Wates Kabupaten Kulon Progo." *Midwifery Journal: Jurnal Kebidanan UM*. Mataram 4(2): 67.
- Khoirun Aziz, Muhammad. 2015. "Pengembangan Media Pembelajaran Interaktif Berbasis Android Untuk Meningkatkan Partisipasi Dan Hasil Belajar Siswa Pada Mata Pelajaran Pai." : 1–65.
- Kurniawati, Anik, and Endang Suwanti. 2019. "Pengaruh Couple Prenatal Class Terhadap Kecemasan Ibu Dalam Menghadapi Persalinan Di Klinik Hana Jogonalan Klaten." *Jurnal Kebidanan dan Kesehatan Tradisional* 4(2): 3.
- Kurniawati, Inung Diah, and Sekreningsih - Nita. 2018. "Media Pembelajaran Berbasis Multimedia Interaktif Untuk Meningkatkan Pemahaman Konsep Mahasiswa." *DoubleClick: Journal of Computer and Information Technology* 1(2): 68.
- Kurniawati, L, S Nurrochmah, and S Katmawanti. 2017. "Kedungkandang Kota Malang." *Preventia: the Indonesian journal of public health* 2(1): 20–24.
- Lingala, Shilpa MD, and Marc G MD MHSc Ghany. 2016. "Spousal Influence on Physical Activity in Physically Inactive Pregnant Women: A Cross-Sectional Study JiWon." 25(3): 289–313.
- Marfuah, Dewi, and Indah Kurniawati. 2017. "Upaya Peningkatan Pengetahuan Ibu Tentang MP Asi Dengan Edukasi Gizi Melalui Booklet S1 Gizi Stikes PKU Muhammadiyah Surakarta 2 S1 Gizi Stikes PKU Muhammadiyah Surakarta *." : 273–80.
- Masyarakat, Jurnal Kesehatan. 2018. "Pengembangan Aplikasi Edukasi Kesehatan Reproduksi Remaja Berbasis Android Untuk Pembelajaran Biologi Di Sma Pius Kabupaten Purworejo Tahun 2017." *Jurnal Kesehatan Masyarakat (e-Journal)* 6(1): 138–47.
- Nurhudhariani, Rose et al. 2015. "Pengaruh Pelatihan Senam Hamil Terhadap Peningkatan Ketrampilan Senam Hamil Di Wilayah Kerja Puskesmas Kedungmundu Semarang."
- Pratama, Renda, and Aminah Maya. 2018. "Faktor Yang Mempengaruhi Pelaksanaan Senam Hamil." *Jurnal Ilmiah Multi Science Kesehatan* 9(3): 323–31.
- Rachmawati, Ayu Indah, Ratna Dewi Puspitasari, and Eka Cania. 2017. "Faktor-Faktor Yang Memengaruhi Kunjungan Antenatal Care (ANC) Ibu Hamil." *Majority* 7(November): 72–76.
- Rahadi, Dedi Rianto. 2017. "Perilaku Pengguna Dan Informasi Hoax Di Media Sosial." *Jurnal Manajemen Dan Kewirausahaan* 5(1): 58–70.
- Rahayu, Dewi, and Yunarsih. 2019. "Hubungan Pengetahuan Dengan Pelaksanaan Senam Hamil Ibu Primigravida." *Jurnal Kesehatan* 10(1): 97–106.
- Rusdiana, Lili, and Heri Setiawan. 2019. "Perancangan Aplikasi Monitoring Kesehatan Ibu Hamil Berbasis Mobile Android." *Sistemasi* 8(1): 169.
- Soekidjo, Notoatmojo. 2012. "Pengetahuan Remaja Putri Tentang Pemeriksaan Payudara Sendiri (SADARI) Dengan Perilaku Sadari." *Jurnal Aisyah : Jurnal Ilmu Kesehatan* 2(1): 81–86.

27. Soekidjo. 2010. "Faktor-Faktor Yang Berhubungan Dengan Kejadian Anemia Pada Ibu Hamil Di Puskesmas Kecamatan Palmerah Kota Administrasi Jakarta Barat Tahun 2013." *Jurnal Ilmiah Kesehatan* 6(1): 15-18.
28. Trisnawati, Elly, Dedi Alamsyah, and Asriani Kurniawati. 2018. "Faktor Yang Mempengaruhi Perkembangan Motorik Pada Anak Stunting Usia 3-5 Tahun (Studi Kasus Di Wilayah Kerja Puskesmas Kedukul Kabupaten Sanggau)." *Jurnal Mahasiswa dan Penelitian Kesehatan* 5(1): 1-9.
29. Wardani, Hartanti Wisnu, Rismia Agustina, and Emmelia Astika Fitri Damayanti. 2018. "Tingkat Kecemasan Dengan KualitasTidur Ibu Hamil Primigravida Trimester III." *Dunia Keperawatan* 6(1): 1.
30. WHO, 2008. 2018. "Efektifitas Pembelajaran Kelas Ibu Hamil Dalam Menurunkan Anemia." *Jurnal Gizi* 7(2): 1-56.
31. Yusring Sanusi B, 2019.). 2019. "PENGEMBANGAN MODEL PEMBELAJARAN BAHASA ARAB ONLINE BERBASIS LEARNING MANAGEMENT SYSTEM (LMS) PADA PROGRAM STUDI SASTRA ARAB UNIVERSITAS HASANUDDIN." *Journal of Chemical Information and Modeling* 53(9): 1689-99.
32. Antoni, Muhammad Sigit, and Suharjana Suharjana. 2019. "Aplikasi Kebugaran Dan Kesehatan Berbasis Android: Bagaimana Persepsi Dan Minat Masyarakat?" *Jurnal Keolahragaan* 7(1): 34-42.

Jurnal TJPR v32n2-2021 THE EFFECT OF THE COUNSELING APPLICATION ON THE EXERCISE.pdf

ORIGINALITY REPORT

10%

SIMILARITY INDEX

8%

INTERNET SOURCES

8%

PUBLICATIONS

2%

STUDENT PAPERS

PRIMARY SOURCES

1	www.revistacomunicar.com Internet Source	3%
2	journal2.uad.ac.id Internet Source	2%
3	Rosmala Nur, Rosmala Munawarah, Sitti Radhiah, Novi Inriyanny Suwendro et al. "Determinant of TT (Tetanus Toxoid) Immunization Compliance on Pregnant Women in the Tawaeli Health Center Working Area", International Journal of Immunology, 2020 Publication	1%
4	Salina, Tahira, Sunarti, Syafruddin Syarif, Mardiana Ahmad, Ester Sanda Manapa, Jibril. "Application mattampu as fetal growth education media during pregnancy based on android", Enfermería Clínica, 2020 Publication	1%
5	Nila Marwiyah, Fitria Sufi. "Pengaruh Senam Hamil Terhadap Kualitas Tidur Ibu Hamil	1%

Trimester II dan III di Kelurahan Margaluyu
Wilayah Kerja Puskesmas Kasemen",
Faletahan Health Journal, 2018

Publication

6	eprints.nottingham.ac.uk Internet Source	1 %
7	eprints.undip.ac.id Internet Source	1 %
8	obgyn.onlinelibrary.wiley.com Internet Source	1 %
9	ojs.serambimekkah.ac.id Internet Source	1 %

Exclude quotes On

Exclude matches < 5 words

Exclude bibliography On