

Relationship Between Pregnant Women's Knowledge And Attitudes About Pregnancy Exercises And Smooth Normal Delivery Process

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Abstract. During pregnancy, a mother will experience various changes, both anatomical and physiological. Pregnancy exercise is one of the activities in pregnancy services or prenatal care that aims to prepare and train muscles so that they can be used optimally in normal delivery. Knowledge and attitude are factors in the formation of behavior. The purpose of this study was to identify the relationship between knowledge and attitudes of pregnant women with the implementation of pregnancy exercise. This type of research is quantitative analytic using a cross-sectional design. The time of the study was August 18 - September 3, 2010. The sampling technique was purposive sampling through non-probability sampling of 55 people. Data collection through interviews using structured questionnaires. Data analysis used was univariate and bivariate (chi square, simple logistic regression, and correlation test). The results showed that most pregnant women at the Ciputat Health Center had good knowledge about pregnancy exercise, namely 40 respondents (72.7%), had a positive attitude towards pregnancy exercise, namely 36 respondents (65.5%), and 32 respondents (58.2%) did not do pregnancy exercise. Based on bivariate data analysis, the p Value = 0.037 was obtained, which means there is a relationship between knowledge and the implementation of pregnancy exercises ($p < 0.05$). Significant results were also obtained with a p Value = 0.001, which means there is a relationship between attitude and the implementation of pregnancy exercises ($p < 0.05$). Based on the results of the study, the author suggests increasing health promotion about pregnancy exercises, and holding pregnancy exercise programs for pregnant women.

Keywords: Knowledge, Attitude, Implementation, Pregnancy Exercises

1. INTRODUCTION

Pregnancy exercise is done during pregnancy with the aim of preparing the physical and mental state of the pregnant mother, with the hope that the birth process will run smoothly and safely. With pregnancy exercise, the health of pregnant women both physically and mentally can be maintained and moreover, pregnancy exercise helps pregnant women to prepare for a smooth delivery. A pregnant woman can adapt to the changes that occur both physically and mentally, it is necessary to do pregnancy exercise which aims to prepare for a physiological and smooth delivery with the aim of the mother and child who will be born in a healthy condition (Manuaba, 2017).

According to WHO, it is estimated that around 15% of all pregnant women will experience conditions that develop into complications related to their pregnancy and threaten their lives. Mothers who do regular exercise during their pregnancy will experience less discomfort during pregnancy and the healing process after childbirth will be faster than mothers who do not do pregnancy exercise (Depkes RI, 2017). Pregnant women who do exercise quite often and regularly during the last three months (trimester), the pain felt during labor will be reduced when compared to labor of mothers who do not

do pregnancy exercise. This happens because of the increase in endorphin hormone levels in the body during exercise, which naturally functions as a pain reliever (Hanton, 2018).

"The number of maternal deaths in Indonesia is still very high, namely until 2019/2020, Indonesia's MMR is still high at 305 per 1000 live births," said Meiwita Budhiansana from the Faculty of Public Health, University of Indonesia (UI), Chair of the ICIFPRH Scientific Committee, the direct cause of maternal death in Indonesia related to pregnancy and childbirth is mainly bleeding 28%. Other causes, namely eclampsia 24%, infection 11%, prolonged labor 5%, and abortion 5%.

Maternal mortality can be prevented by up to 22%, namely through regular Antenatal Care (ANC), early detection of complications in pregnancy, healthy living with balanced nutritional fulfillment, early initiation of labor and regular implementation of pregnancy exercises (Bowo, 2018).

One of the ANC services is by doing pregnancy exercises, where pregnancy exercises are one of the activities in services during pregnancy and also provide a better birth outcome product.

We have long known that the important thing in fostering pregnant women is to provide knowledge about their pregnancy, one of which is providing knowledge about pregnancy exercise programs. This means preparing pregnant women as well as possible by instilling self-confidence in welcoming the birth of their child physiologically anatomically and psychosocially by doing pregnancy exercise exercises regularly (Syafudin, 2018).

Regular prenatal exercise either at the gym or at home in your spare time can lead pregnant women towards a physiological delivery as long as there are no pathological conditions accompanying the pregnancy. Pregnant women who do prenatal exercise regularly during their pregnancy are reported to be able to provide benefits during labor, namely during the active period (stage II) becoming shorter, preventing breech position and reducing the incidence of caesarean section. Prenatal exercise can also reduce the risk of stress and pain during childbirth. In addition, the core of prenatal exercise itself is to train breathing before childbirth. So that when the baby is about to be born, the mother can relax and control the situation (Syafudin, 2018).

Suratih's research (2013) concluded that knowing the knowledge of pregnant women about pregnancy exercises can reduce the incidence of prolonged labor and for maternal comfort during pregnancy and reduce maternal anxiety in facing labor. This study uses a descriptive research method that aims to determine the level of knowledge of

pregnant women about pregnancy exercises. The results of the study showed that the level of knowledge of pregnant women about pregnancy exercises in Baler Bale Agung Village, Bali, was 13.33% had good knowledge, 40.00% had sufficient knowledge and 46.67% had knowledge about pregnancy exercises at a low level (Bali, 2017).

The movements and exercises of prenatal gymnastics not only benefit the mother, but also greatly affect the health of the baby she is carrying. When the baby begins to breathe on its own, oxygen will flow to it through the placenta, namely from the mother's bloodstream into the baby's bloodstream. Prenatal gymnastics will increase the amount of oxygen in the blood throughout the mother's body and therefore the flow of oxygen to the baby through the placenta will also be smooth.

This pregnancy exercise is not something strange, but it does not mean that everyone understands and realizes that this pregnancy exercise is useful for pregnant women. Pregnancy exercise cannot be said to be perfect if the presentation is not arranged regularly, namely at least once a week starting at 24 weeks of pregnancy. By following pregnancy exercises regularly and intensively, the woman will maintain the health of her body and the fetus she is carrying optimally. According to Hatch's research, it was revealed that pregnant women who do pregnancy exercises for about 3-5 hours each week have a lower chance of giving birth prematurely than those who do not do pregnancy exercises. (Kurnia 2018)

2. LITERATURE REVIEW

Here are some yoga movements or prenatal exercises so that the fetus quickly enters the pelvis, making childbirth easier. According to Muhimah and Safe' (2018):

1. Easy pose (sukhasana)

As the name implies, easy pose is the easiest hip opening position to practice and can be done anytime. Although it looks easy, not everyone can do it. Especially for people whose muscles are stiff.

2. Child pose (balasana)

This is the long-awaited position every time you practice prenatal yoga. This pregnancy exercise movement is needed so that you can take a break in between dynamic exercises.

3. Butterfly pose (baddha konasana)

This is the most frequently practiced pregnancy exercise movement or position because it is very good for opening the pelvic area, thus helping the baby to enter the pelvis quickly.

4. Wide angle seated forward bend (upavistha konasana)

Practicing this position is very good for pregnancy, especially if you start to feel a heavy load from the stomach area which then causes lower back pain during pregnancy.

5. Crescent lunge (anjeneyasana)

Throughout pregnancy, you often feel low on energy. You can try doing crescent lunges regularly because this pregnancy exercise movement is quite challenging.

6. Half pigeon pose (ardhaka potasana)

One of the things that often happens during pregnancy is sciatica. This happens when you feel pain that spreads from the lower back to the thighs, calves, heels, and soles of the feet on one or both sides of the legs. Six pregnancy movements such as the half pigeon pose are very helpful in reducing or even eliminating pain or cramps if done regularly.

7. Squat pose (malasana)

Gymnastic or yoga movements during pregnancy such as squats are good to practice during the first to third trimester because they are very effective in helping the pelvic area to open. This position can also be used as a birthing position if your doctor allows. With this position, gravity will help the baby to be born more easily.

8. Happy baby pose (ananda balasa)

As the name suggests, doing this pregnancy exercise routine can make your heart happy. If you are in your third trimester, and feel uncomfortable lying down, avoid this movement. Another way that can be done is to use a blanket or thin pillow to support the waist for more comfort.

9. Cat/Cow pose (charava kasana)

This pregnancy exercise movement looks difficult, but if you already know the technique, it is easy to do. If you are used to it, you can also do it in every trimester of pregnancy. Try to do the routine five to ten times a day.

10. Goddess pose (utkatakonasana)

If you look at it, this exercise or yoga movement during pregnancy is similar to squats. The difference is, you need to spread your legs, then move your pelvis up and down.

11. Hip circle

As the name of this pregnancy exercise movement suggests, you will do exercises for the pelvic area. Not only that, this position will also train and stretch body areas such as the shoulders, pelvis, and back. This is because you need to make a 360-degree circular motion on the pelvis.

12. Bridge pose

This is also a pregnancy exercise movement that looks difficult to do considering the mother's growing belly. You can practice it since the first trimester to open the hips, pelvis, strengthen the buttocks, and hamstrings. Avoid practicing this movement when your back feels uncomfortable.

3. METHODS

This research method is analytical in nature, the form of research implementation is by cross-sectional survey where variables including risk factors are observed simultaneously at the same time (Notoatmodjo, 2017). Population is the entire object of research or the object being studied (Notoatmodjo, 2017) in this case the population is all pregnant women who participate in Pregnancy Exercise at the Eka Sri Wahyuni Clinic as many as 20 people. The sample was taken from the Eka Sri Wahyuni Clinic and the method of sampling in this study used total sampling (a sampling technique where the number of samples is the same as the population) as many as 20 people.

4. RESULTS

The results of the cross-tabulation analysis of the relationship between the attitudes of pregnant women regarding pregnancy exercises and the smoothness of the normal delivery process at the Eka Sriwahyuni Clinic in 2022 can be seen in the table.1 following:

Table 1. Cross Tabulation The Relationship Between Pregnant Women's Attitudes About Pregnancy Exercises and the Smoothness of the Normal Delivery Process at the Eka Sriwahyuni Clinic in 2022

No	Attitude	Smooth Normal Delivery Process				Total	<i>p-value</i>	
		Fluent		Not smooth				
		f	%	f	%	f		%
1	Positive	9	45.0	2	10.0	11	55.0	0.028
2	Negative	3	15.0	6	30.0	9	45.0	
Total		12	60.0	8	40.0	20	100.0	

Based on table 4.6, it can be seen that pregnant women who have a positive attitude mostly experience a smooth normal delivery process as many as 9 people (45.0%), and

pregnant women who experience an uneven delivery process as many as 2 people (10.0%). While pregnant women who have a negative attitude mostly experience an uneven normal delivery process as many as 6 people (30.0%), and pregnant women who experience a smooth delivery process as many as 3 people (15.0%).

1. Pregnant Women's Knowledge About Pregnancy Exercises at Eka Sri Wahyuni Clinic in 2022

Based on the research results, it is known that the knowledge of pregnant women about pregnancy exercises at the Eka Sriwahyuni Clinic in 2022 was mostly sufficient, as many as 9 respondents (45.0%) and a minority of mothers had insufficient knowledge, as many as 5 respondents (25.0%).

From the results it shows that there are still many pregnant women who have not received good information about pregnancy exercises in their environment. This is influenced by the education of respondents who are mostly at the high school and junior high school levels, besides that they are less looking for or getting information about pregnancy exercises.

The results are in accordance with Notoatmodjo's opinion (2012) that education determines a person's mindset and insight. The higher a person's education, the more knowledge is expected to increase. Sources of information also affect a person's level of knowledge. The more and more complete the information obtained, the better the knowledge. Age also affects knowledge, according to Hurlock's opinion (2012), This is in accordance with the theory that reproductive age is indeed more active in seeking and obtaining information compared to non-productive age. In addition, parity also affects knowledge, this is in accordance with Notoatmodjo (2012) who said that there is a tendency for knowledge of mothers with high parity to be better than knowledge of mothers with lower parity.

This is in accordance with Wina Fitriani's (2017) research on the relationship between pregnant women's knowledge about pregnancy exercises at the Sawa Health Center in North Konawe Regency, which showed that the majority of respondents had good knowledge in the College and High School groups and a minority had less knowledge in the Junior High School education group.

Respondents' knowledge is good, this is due to two factors, the first is an internal factor, namely pregnant women can receive the knowledge they have, especially about pregnancy exercises, and the second is an external factor, namely pregnant women

often interact with health workers, read newspapers or watch television. (Ermala Sari, 2015)

According to the researcher's assumption, the lack of knowledge of pregnant women about pregnancy exercises is likely due to the lack of awareness and interest of respondents in pregnancy exercises. In fact, the level of knowledge of pregnant women plays a fairly important role in the mother's desire to do pregnancy exercises. Knowledge will support the implementation of pregnancy exercises by knowing the benefits of pregnancy exercises, then the mother will think that pregnancy exercises are important for the mother and fetus. In addition, the environment also greatly influences a person to do pregnancy exercises, because if some people do pregnancy exercises, then the invitation to do pregnancy exercises from one individual to another also influences.

2. Pregnant Women's Attitudes About Pregnancy Exercises at Eka Sri Wahyuni Clinic in 2022

Based on the research results, it is known that the attitudes of pregnant women regarding pregnancy exercises at the Eka Sriwahyuni Clinic in 2022 were mostly positive with 11 respondents (55.0%) and the minority had negative attitudes with 9 respondents (45.0%).

Attitude is a reaction or response that is still closed from a person to a stimulation or object. This is in accordance with research, where the more positive the respondent's attitude, the more they will respond to the object they choose. (Notoatmodjo, 2012)

The results of this study are in line with Ermala Sari's (2015) study on the relationship between pregnant women's knowledge and their attitudes about pregnancy exercises, where the results showed that the majority were positive, as many as 43 people (79.7%). According to her, the existence of respondents who were positive was due to their own tendencies and habits (internal factors), namely being able to apply the knowledge they have in real situations and conditions, and they know that pregnancy exercises are beneficial.

According to Azwar (2011) attitude is a mental and nervous state of readiness, which is regulated through experience that provides a dynamic or directed influence on an individual's response to an object and the situation related to it. Attitude is a pattern of behavior, anti-nature readiness, predisposition to resolve oneself in a social situation, or simply, which is a response to coordinated social stimulation. Attitude can also be defined as a positive or negative aspect or assessment of an object. That from the results of the

study it was found that the majority of respondents had a positive attitude. This is in accordance with the theory that the more experience a person has, the more directed their attitude is to respond to something, meaning that their attitude will be better because there have been learning outcomes from the experience. Similar to knowledge, attitudes are also influenced by several factors, namely the level of knowledge, sources of information, personal experience, the influence of others and the surrounding environment.

According to the researcher's assumption, a positive attitude is shown by the desire of pregnant women to carry out pregnancy exercises which is an effort and attempt by the mother to apply the knowledge she has about pregnancy exercises, the benefits of pregnancy exercises so that the mother has the motivation to carry out pregnancy exercises.

3. Smooth Normal Delivery Process at Eka Sri Wahyuni Clinic, Medan Denai District, Medan City in 2022

Based on the results of the study, it shows that the smoothness of the normal delivery process at the Eka Sriwahyuni Clinic in 2022 was mostly smooth with 12 respondents (60.0%) and the minority had no smoothness with 8 respondents (40.0%). This is possible because the mother's delivery process went smoothly because she participated in pregnancy exercises, because by participating in pregnancy exercises, the mother becomes more prepared to face childbirth and when the delivery process takes place, the mother is stronger or the mother can push hard and correctly so that the delivery process runs smoothly. Therefore, in order for primigravida pregnant women to experience a smooth delivery process, pregnancy exercises need to be done. Because with pregnancy exercises, the mother prepares the energy needed when she will give birth later and pregnancy exercises can help the mother to prepare the strength to give birth to the baby during the delivery process.

According to Nuraeni's research (2021), mothers who give birth and do prenatal exercises tend to experience normal labor compared to mothers who do not do prenatal exercises because mothers who have done prenatal exercises know breathing techniques, know when to push, oxygen intake to the fetus is also smooth so that fetal distress does not occur. During pregnancy, they have also received exercises to strengthen the muscles related to labor so that mothers can overcome fatigue and make labor easier.

Prenatal exercise is not a must, but doing prenatal exercise will provide benefits in helping the smooth delivery process, including: obtaining perfect relaxation, perfect relaxation is needed during pregnancy and childbirth, in addition to overcoming

stress that arises from within or from outside, also to overcome pain and can affect the relaxation of the lower uterine segment which has an important role in physiological labor, and form body posture, with good body posture during labor it is expected to overcome common complaints in pregnant women, such as back pain, and can also prevent abnormal baby positions and reduce shortness of breath due to the increasing size of the stomach. (Manuaba, 1998 in Nuraeni, 2021)

Prenatal exercise is a movement exercise therapy that prepares a pregnant woman both physically and mentally to face childbirth and if done correctly and regularly can facilitate a fast, safe, and spontaneous delivery process. With prenatal exercise, vascularization from the uterus to the placenta becomes better which ensures sufficient oxygen and nutrient supply to the fetus. The main purpose of the exercises performed in prenatal exercise is for pregnant women to gain good muscle strength and tone, good breathing techniques, which are important in the labor process, especially during the second stage of labor in this case is power during labor. Exercise or exercise during pregnancy has a positive effect on cervical dilation and coordinated uterine activity during labor, and earlier and shorter labor was also found in those who did prenatal exercise at least 10 times compared to those who did not do exercise. (Saputra, 2013 in Nuraeni, 2021)

According to the researcher's assumption that respondents who do regular prenatal exercises mostly experience a normal delivery process without any complications for either the mother or the fetus, regular prenatal exercises carried out by respondents can reduce the mother's anxiety, because in carrying out prenatal exercises, they also learn how to breathe properly and correctly and know the right times to push when facing labor, so that respondents no longer feel anxious in undergoing their labor process because previously or during prenatal exercises they have studied and practiced normal labor techniques.

4. The Relationship Between Pregnant Women's Knowledge About Pregnancy Exercises and the Smoothness of the Normal Delivery Process at the Eka Sriwahyuni Clinic in 2022

Based on the results of data analysis, it shows that pregnant women who have good knowledge all experienced a smooth normal delivery process of 6 people (30.0%). Pregnant women who have sufficient knowledge mostly experienced a smooth normal delivery process of 5 people (25.0%), and pregnant women who experienced an uneventful delivery process of 4 people (20.0%). Meanwhile, pregnant women who have less knowledge mostly experienced an uneventful normal delivery process of 4 people

(20.0%), and pregnant women who experienced a smooth delivery process of 1 person (5.0%).

The results of the chi square statistical test obtained a p value = 0.025 ($p < 0.05$) so that the Alternative Hypothesis (H_a) was accepted, which means that there is a significant relationship between pregnant women's knowledge of pregnancy exercises and the smoothness of the normal delivery process at the Eka Sriwahyuni Clinic in 2022.

The results of this study are in accordance with the research conducted by Setiawati (2018) on the relationship between knowledge and attitudes of pregnant women towards pregnancy exercises at the Guntung Manggis Health Center in Banjarbaru City. The results of the relationship analysis concluded that there was a significant relationship between knowledge and attitudes where p-value = 0.000 < 0.05 . A positive attitude towards implementing pregnancy exercises can be formed if pregnant women know and understand the importance of pregnancy exercises for themselves, so that the better the level of knowledge of pregnant women, the better the attitude of pregnant women.

According to Wina Fitriani (2017), the existence of this relationship implies that pregnant women who have good knowledge tend to have a positive attitude towards pregnancy exercise. A positive attitude means having the will to do pregnancy exercise. Therefore, in order to motivate pregnant women to do pregnancy exercise, they must be equipped with adequate knowledge. Normatively, pregnant women's knowledge about pregnancy exercise is obtained from the education process and other sources of information around them.

This provides an illustration that in general respondents have quite good knowledge with a positive attitude towards prenatal exercise. The results of this study are in line with the theory put forward by Muhimah (2010), that pregnant women who have quite high knowledge about prenatal exercise tend to do prenatal exercise often. Conversely, pregnant women who have less knowledge tend not to want to do prenatal exercise. The implementation of prenatal exercise can be influenced by laziness, no desire to do prenatal exercise, and lack of motivation to do prenatal exercise from health services.

Based on education, it is stated that most respondents have a high school education, where at that level of education they are generally able to receive information regarding prenatal exercise. However, there are mothers who have given birth with a high school education who do not do prenatal exercise during their pregnancy. This is influenced by several factors, including mothers who are busy working outside the home

so they do not have time to do prenatal exercise, lack of information obtained from health workers or from the mass media, and others. This is in accordance with Notoatmodjo's theory (2012) that the higher a person's level of education, the easier it is for that person to accept both from other people and the mass media.

Thus, according to researchers, someone who has high knowledge will understand more about pregnancy exercise and will form a positive attitude towards accepting it. In other words, positive attitudes will be found more in respondents who have good knowledge compared to those who have sufficient knowledge, so that individuals will form positive attitudes towards things that are felt to be beneficial to them.

5. The Relationship Between Pregnant Women's Attitudes About Pregnancy Exercises and the Smoothness of the Normal Delivery Process at the Eka Sri Wahyuni Clinic in 2022

Based on the results of data analysis, it shows that pregnant women who have a positive attitude mostly experience a smooth normal delivery process of 9 people (45.0%), and pregnant women who experience an uneventful delivery process of 2 people (10.0%). While pregnant women who have a negative attitude mostly experience an uneventful normal delivery process of 6 people (30.0%), and pregnant women who experience a smooth delivery process of 3 people (15.0%).

Statistical test results *chi square* obtained a p value = 0.028 ($p < 0.05$) so that the Alternative Hypothesis (H_a) is accepted, which means that there is a significant relationship between the attitudes of pregnant women about pregnancy exercises and the smoothness of the normal delivery process at the Eka Sriwahyuni Clinic in 2022.

Based on the results of the study, it shows that mothers whose labor process is not smooth is caused by the mother not following pregnancy exercises and the mother does not know the benefits of the importance of pregnancy exercises. When the mother gives birth, there are factors that affect labor, namely the power that the mother can get from pregnancy exercises, so that the mother will not be tired when facing the labor process so that the normal labor process can run smoothly. Therefore, during pregnancy, health workers should recommend and provide information about the importance of pregnancy exercises.

The results of this study are in line with Septiana's (2018) study which stated that there is a relationship between prenatal exercise and smooth second-stage labor in primigravida. Pregnant women who do prenatal exercise will have a positive impact on pregnant women and their fetuses, prenatal exercise can provide flexibility for pregnant women and is very important for the labor process. Prenatal exercise is exercise done by

pregnant women to prepare their physical and psychological conditions in facing labor, in general prenatal exercise has five important goals. Among other things, so that pregnant women master breathing techniques, the muscles of their abdominal walls become stronger, are trained to do perfect relaxation and can minimize difficulties during the labor process. Therefore, experts state that the most suitable type of exercise for pregnant women is prenatal exercise. Prenatal exercise is a movement exercise therapy to prepare pregnant women for labor both physically and mentally.

The results of this study are in line with the research of Inayatul Aini (2017) which shows a relationship between prenatal exercise and a smooth delivery process. The more regularly pregnant women do prenatal exercise, the greater the hope that their delivery process will run smoothly, because with prenatal exercise means a mother has strengthened the elasticity of the abdominal wall muscles, the pelvic floor muscles that play a role in the mechanism of delivery. A mother who does prenatal exercise will have a prime body so that it can help overcome complaints, fetal position, and smooth the mother's breathing; in addition, a mother who does regular exercise will easily get the perfect way to do contractions and relaxation. So this study gets a recommendation that with prenatal exercise a mother will get ease and smoothness in her delivery process.

5. CONCLUSION

Conclusion

From the research results and discussion above, the following conclusions can be drawn:

- a. The knowledge of pregnant women about pregnancy exercises at the Eka Sri Wahyuni Clinic in 2022 was mostly sufficient, as many as 9 respondents (45.0%).
- b. The attitudes of pregnant women regarding pregnancy exercises at the Eka Sri Wahyuni Clinic in 2022 were mostly positive, with 11 respondents (55.0%).
- c. The smoothness of the normal delivery process at the Eka Sri Wahyuni Clinic in 2022 was mostly smooth for 12 respondents (60.0%).
- d. There is a significant relationship between pregnant women's knowledge about pregnancy exercises and the smoothness of the normal delivery process at the Eka Sri Wahyuni Clinic in 2022, with a p value = 0.025 ($p < 0.05$).
- e. There is a significant relationship between the attitudes of pregnant women regarding pregnancy exercises and the smoothness of the normal delivery process at the Eka Sri Wahyuni Clinic in 2022, with a p value = 0.028 ($p < 0.05$).

Based on the research results above, the suggestions that researchers can put forward are:

a. For Health Workers

It is expected that the role of health workers to intensify the class for pregnant women which includes pregnancy exercises and provide information to pregnant women to inform them about the importance of pregnancy exercises so that mothers are better prepared to face childbirth. In addition, mothers who participated in pregnancy exercises during pregnancy and had a smooth delivery in the second stage should be more active in providing information to pregnant women so that mothers are more encouraged to participate in pregnancy exercises.

b. For Respondents

Pregnant women, especially pregnant women, should seek information by reading various literature about pregnancy exercises so that they can practice them continuously, either independently or with the help of an instructor.

c. For Health Institutions

It is hoped that the results of this study can be used as reference material and reading material for other researchers to conduct further research on pregnancy gymnastics.

d. For further researchers

Further research is needed on the relationship between attitudes towards prenatal exercise and the smoothness of the delivery process using different research methods and different variables.

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