

*IMPLEMENTATION OF PREGNANCY EXERCISE TO REDUCE ANXIETY IN PRIMIGRAVIDA MOTHERS IN
TLOGO VILLAGE DEMANGAN BOYOLALI*

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ABSTRACT

Background : *Primigravida mothers tend to experience a lot of worry and anxiety. Maintaining and improving the health of pregnant women is recommended to do light exercise, namely pregnancy exercise. Pregnancy exercise teaches pregnant women to relax, this is useful for stabilizing anxiety and reducing anxiety physically and mentally.* **Objective :** *This application is to describe the application of Pregnancy Exercises to Reduce Anxiety in Primigravida Mothers. Respondents used are 2 respondents.* **Methods :** *This type of research is descriptive using a case approach method. Respondents used had criteria such as, primigravida mothers, aged 20 to 35 years, willing to be respondents, pregnant women without complications and pregnant women who were not carrying out other therapies. The analysis of this study was measured using the observation sheet and the HARS-A (Hamilton Rating Scale for Anxiety) instrument.* **Result :** *The results of the study for 1 week with 4 times of application showed that there were changes in both respondents, as evidenced by respondent I on day 1 of a score of 26 (moderate anxiety) decreased to 20 (mild anxiety), on day 2 of a score of 27 (moderate anxiety) decreased to 21 (moderate anxiety) but still in the category of moderate anxiety because the respondent lacks sleep at night. Respondent II on day 3 of a score of 27 (moderate anxiety) dropped to 19 (mild anxiety) and on day 4 of a score of 25 (moderate anxiety) it fell to 16 (mild anxiety).* **Conclusion :** *The conclusion is that there is a significant decrease in the application of pregnancy exercise to reduce anxiety in primigravida mothers. Recommendations can be applied to overcome anxiety in pregnant women.*

Keywords : *Primigravida Mother, Anxiety, Pregnancy Exercise*