

PREGNANCY EXERCISES GUIDE TO REDUCE DISCOMFORT IN THIRD TRIMESTER PREGNANCY WOMEN USING MEDIA VIDEO

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SUMMARY

Background : Third trimester pregnant women experience discomfort during the third trimester due to adaptation to physiological and psychological changes in pregnant women. This can be above with pregnant exercises, because pregnant gymnastics is useful for practicing breathing and making pregnant women relax. Pregnancy exercise is a movement exercise therapy and one of the activities in service during pregnancy or prenatal care that aims to prepare pregnant women physically and mentally when facing labor so that normal labor can take place quickly, safely, and spontaneously. ***Method*** : The KIE output method in the form of educational videos about pregnancy gymnastics to reduce discomfort in third trimester pregnant women. ***Results*** : The method used in this output, namely using video media with shooting through a camera, is expected to increase public knowledge about pregnancy exercises. ***Conclusion*** : Using video media is expected to make it easier to convey information about pregnancy gymnastics to the public, especially pregnant women. So that mothers can do pregnancy exercises to reduce discomfort in the third trimester.

Keywords : Pregnant Women, Pregnant Gymnastics, Videos