

**EDUCATIONAL VIDEO MEDIA ON PREGNANCY  
EXERCISE TO ALLEVIATE COMPLAINTS DURING THE  
THIRD TRIMESTERS**

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**SUMMARY**

**Background** Pregnancy in the third trimester is often associated with physical discomfort such as back pain, leg cramps, sleep disturbances, and edema which can have a significant impact on the quality of life of pregnant women. Pregnancy exercise is a well-established non-pharmacological intervention proven effective in alleviating these discomforts. However, participation rates remain low, primarily due to the lack of appealing and easily accessible information. **Objective** To develop an educational video media on pregnancy exercise to address pregnancy complaints in the second and third trimesters. **Method** This project takes the form of developing educational video media which contains information about definitions, benefits, contraindications, implementation times, as well as demonstrations of pregnancy exercise movements along with explanations of their physiological benefits, using the Canva application. The development process includes pre-production, production and post-production stages, accompanied by limited trials on respondents to evaluate design and content. **Result** A video entitled "Educational Video Media on Pregnancy Exercise to Alleviate Complaints During the third Trimesters" was produced, with a duration of 3 minutes 52 second. **Conclusion** An educational video media has been successfully developed to serve as an accessible and informative resource promoting pregnancy exercise as a non-pharmacological strategy to manage pregnancy discomforts and support preparation for childbirth.

*Keywords: Pregnant women, Pregnancy exercise, Pregnancy third trimester, Educational video*