

ABSTRACT

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RELATIONSHIP OF FITNESS LEVEL WITH FETAL HEART RATE (FRH) IN TRIMESTER III PREGNANT WOMEN IN GAMBIRSARI HEALTH CENTER, CITY OF SURAKARTA

ABSTRACT

Background: Abnormalities of the heart rate in the fetus are generally due to lack of oxygen from the mother through the placenta. This is due to pregnant women who lack exercise. Sports that suitable and safe for pregnant women are swimming, pregnancy exercises and walking. **Purpose:** Determine the relationship of fitness level with fetal heart rate (FHR) in third trimester pregnant women at Gambirsari Health Center Surakarta City. **Methods:** Type research quantitative analytic observational studies using descriptive design. Sampling technique was purposive sampling as many 43 pregnant women. Instruments used are metronome, stopwatch and stationery. Data test using the Sperman rank (Rho). **Results:** Based on univariate test showed maternal BMI normal category as many 24 people (55.8%), parity in the multipara category as many 37 people (86.0%), fitness less category as many 22 people (44.9%) and fetal heart rate in the normal category as many 33 people (76.7%). Through the Sperman Rank (Rho) test, p value = 0.016 is obtained, value is smaller with a value of <0.05 which means there is a significant relationship between fitness and fetal heart rate (FHR). **Conclusion:** Relationship between fitness level and fetal heart rate in third trimester pregnant women in Gambirsari Health Center Surakarta City.

Keywords: fitness level, fetal heart rate, third trimester pregnant women