

ABSTRACT

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THE EFFECT OF PREGNANCY EXERCISE ON THE FITNESS LEVEL OF THIRD TRIMESTER PREGNANT WOMEN IN THE GAMBIRSARI HEALTH CENTER WORK AREA

ABSTRACT

Background; Pregnant women who first experience labor is very worrying. So that many pregnant women who reduce their work by minimizing work that uses the body muscles. Consequently muscles become stiff, not elastic and weak. To overcome muscle stiffness is with pregnancy exercise. Pregnant gymnastics also aims to increase muscle strength. **Objectives ;** to know the influence of pregnancy gymnastics on the level of fitness of pregnant women third trimester in the working area of gambirsari health center. **Method ;** Research design used is true experiment with pretest-posttest with control design. In the study there are two groups namely group one as intervention group and group two as the control group. With the number of respondents 15 as the intervention groups and 15 as the control group. Instrument used to measure fitness level that is harvard step-test (HST). Bivariate analysis of data using shapiro-wilk normality test and statistical test using simple paired t-Test. **Result ;** Based on test result T-Test shows sig value $(0,000) < 0,05$ or H_0 : rejected means there is a significant influence pregnancy exercise to the level of fitness of pregnant women. **Conclusion ;** There is influence pregnancy gymnastics to level of fitness of third trimester pregnant woman in working area of gambirsari health center.

Keywords : third trimester pregnant, pregnant gymnastic, level of fitness