

ABSTRACT

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RELATIONSHIP OF FITNESS LEVEL OF PREGNANT WOMEN TRIMESTER III AND MECHANISM OF LABOR COPING IN SIBELA HEALTH CENTER OF SURAKARTA	
ABSTRACT	
<p>Introduction: Childbirth is a stressful event for most women who give birth which causes increased pain, fear and anxiety. Coping mechanisms in third trimester pregnant women vary, this depends on multigravida, primigravida or factors that influence the coping mechanism of third trimester pregnant women such as fitness, age and activity. Objective: To analyze the relationship between fitness levels in third trimester pregnant women with labor coping mechanisms in the sibela health center. Method: Type of observational analytic research, design used correlationally. The research method used with the cohort. The population in this study were third trimester pregnant women at Sibela Health Center as many as 55 people, taken as many as 49 people with accidental techniques. The research instrument uses observation sheets. Bivariate analysis uses chi-square analysis (X²). Results: The majority of third trimester pregnant women in Sibela Health Center Surakarta City are not at risk, working as private employees, having a normal history of childbirth, most pregnant women in third trimester have very low fitness level Most of the third trimester pregnant women had adaptive coping mechanisms, and there was no significant relationship between the fitness level of third trimester pregnant women with labor coping mechanisms (p-value = 0.664). Conclusion: that there is no significant relationship between the fitness level of third trimester pregnant women with labor coping mechanism in Sibela Health Center Surakarta City.</p>	
<p>Keywords: Fitness level, labor coping mechanism</p>	