

ABSTRACT

THE EFFECT OF PREGNANT GYMNAS TIC APPLICATION ON THE LEVEL ANXIETY IN THIRD-TRIMESTER PREGNANT WOMEN IN DEALING WITH DELIVERY IN JARAKAN VILLAGE

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Background : Anxiety is an indefinite fear unsupported with situation. Pregnant women's anxiety is usually due to physical and psychical changes occurring due to imbalanced progesterone and estrogen hormones during pregnancy; these hormones are femininity hormones produced by body during pregnancy process; therefore pregnant women should prepare their physique and psychology during pregnancy process. **Objective** : to identify the anxiety level of third trimester-pregnant women before and after attending pregnant gymnastic. **Method** : employed was descriptive one in which the client was given pregnant gymnastic intervention to decrease their anxiety measured using HARS questionnaire. **Result** : Pregnant gymnastic application conducted 3 times a week each of which in 60-minutes duration in fact could decrease anxiety; it can be seen from the different mean scores: 21.6 before and 20.3 after pregnant gymnastic, so that there is a difference of 1.3. **Conclusion** : It was pregnant gymnastic can evidently decrease the anxiety level pregnant women in the third trimester of gestation.

Keywords: Pregnant Gymnastic (Anxiety, Third Trimester Pregnant Women).