

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Penelitian, 28 JULI 2025

Meisy Fitria Praatama S

**Pengaruh Senam Hamil terhadap Kesehatan Mental Ibu Hamil Trimester III
di Puskesmas RI Sidomulyo Pekanbaru**

Xix + 100 Halaman + 12 Tabel + 10 Lampiran

ABSTRAK

Kesehatan mental pada ibu hamil merupakan aspek penting dalam perawatan antenatal, terutama pada trimester III yang ditandai dengan perubahan fisik, hormonal, dan emosional yang kompleks. Salah satu intervensi non-farmakologis yang dapat membantu menjaga stabilitas mental adalah senam hamil. Penelitian ini bertujuan untuk mengetahui pengaruh senam hamil terhadap kesehatan mental ibu hamil trimester III di Puskesmas RI Sidomulyo Pekanbaru. Penelitian menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sampel penelitian berjumlah 28 ibu hamil trimester III, dibagi menjadi dua kelompok: 14 ibu yang mengikuti senam hamil dan 14 ibu yang tidak mengikuti. Teknik pengambilan sampel adalah total sampling berdasarkan kriteria inklusi dan eksklusi. Instrumen penelitian berupa kuesioner Mental Health Continuum-Short Form (MHC-SF) yang telah dimodifikasi, dengan analisis data menggunakan uji independent sample t-test. Penelitian dilaksanakan pada bulan Februari–Juli 2025 melalui kegiatan posyandu dan kelas ibu hamil, dengan metode pengisian kuesioner secara tanya jawab. Hasil penelitian menunjukkan adanya perbedaan signifikan rata-rata skor kesehatan mental antara ibu hamil yang mengikuti senam hamil dan yang tidak ($p\text{-value} = 0,001 < 0,05$). Ibu yang rutin mengikuti senam memiliki skor kesehatan mental lebih tinggi dibandingkan yang tidak. Hasil ini mengindikasikan bahwa senam hamil tidak hanya bermanfaat secara fisik, tetapi juga efektif dalam meningkatkan ketenangan emosional dan kesiapan mental ibu menghadapi persalinan. Berdasarkan temuan ini, disarankan agar senam hamil dijadikan program rutin dalam pelayanan antenatal untuk mendukung kesejahteraan psikologis ibu hamil trimester III.

Kata Kunci: Senam hamil, Kesehatan mental, Ibu hamil, Trimester III

Daftar Bacaan: 32 (2019–2024)

**UNDERGRADUATE MIDWIFERY STUDY PROGRAM FACULTY OF
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NEGERI PEKANBARU
Research, 28 JULY 2025**

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**The Effect of Prenatal Exercise on Mental Health of Third Trimester Pregnant
Women at RI Sidomulyo Public Health Center, Pekanbaru**

Xix + 100 Pages + 12 Tables + 10 Appendices

ABSTRACT

Mental health in pregnant women is a crucial aspect of antenatal care, particularly in the third trimester, which is characterized by complex physical, hormonal, and emotional changes. One non-pharmacological intervention that can help maintain mental stability is prenatal exercise. This study aimed to determine the effect of prenatal exercise on the mental health of third-trimester pregnant women at RI Sidomulyo Public Health Center, Pekanbaru. A quantitative approach with a cross-sectional design was applied. The sample consisted of 28 third-trimester pregnant women, divided into two groups: 14 who participated in prenatal exercise and 14 who did not. The sampling technique used was total sampling based on inclusion and exclusion criteria. The research instrument was the modified Mental Health Continuum-Short Form (MHC-SF), and data analysis was performed using the independent sample t-test. The study was conducted from February to July 2025 through posyandu activities and antenatal classes, with questionnaires administered in an interview format. The results showed a significant difference in the mean mental health scores between pregnant women who engaged in prenatal exercise and those who did not ($p\text{-value} = 0.001 < 0.05$). Women who regularly participated in prenatal exercise demonstrated better mental health compared to those who did not. These findings indicate that prenatal exercise provides not only physical benefits but also enhances emotional stability and psychological readiness for childbirth. Therefore, prenatal exercise is recommended as a routine component of antenatal services to support the psychological well-being of third-trimester pregnant women.

Keywords: Prenatal exercise, Mental health, Pregnant women, Third trimester
References: 32 (2019–2024)