



Factors Influencing The Implementation Of Pregnant Women's Exercise In The Work Area Of Medan Johor Health Center, Medan City, Medan City In 2024

Lenny Sepriani Br Silalahi

Midwifery Academic, Sekolah Tinggi Ilmu Kesehatan Darmo, Medan, Indonesia

Email: lennyseprianisilalahi260990@gmail.com

Abstract. *Pregnancy exercise is an effort to improve the health of mothers and babies during pregnancy. Maternal participation in pregnancy exercise in Indonesia is still low, including in Medan City, of 168 pregnant women, 140 of them did not take part in pregnancy exercise. Survey results at the Medan Johor Community Health Center showed that pregnant women did not participate in pregnancy exercise due to lack of knowledge and lack of motivation (60%). The aim of this research is to identify factors that influence the implementation of pregnancy exercise in the Medan Johor Community Health Center Work Area, Medan City in 2024. This type of research is an analytical survey using an approach cross-sectional. The population of this study was all 135 pregnant women aged 22 weeks and over. The sampling technique uses the method proportional sampling as many as 101 people. Data analysis uses univariate and bivariate analysis with tests chi square and multivariate with logistic regression. The results of research using logistic regression are known values p -value Logistic regression of educational variables $0.808 > 0.05$, knowledge $0.021 < 0.05$, family support $0.000 < 0.05$ and motivation $0.000 < 0.05$. It is recommended that pregnant women actively participate in outreach programs to increase their knowledge and carry out pregnancy checks and participate in pregnancy exercises.*

Keywords: *Influencing Factors, Pregnant Women, Gymnastics.*

1. INTRODUCTION

Health problems during pregnancy can develop into risks for the mother, around 15% of all pregnant women will experience complications related to pregnancy and can threaten the health of pregnant women. *World Health Organization* (WHO), targets by 2030 to reduce the risk of maternal death globally to less than 70 per 100,000 live births. In 2015 approximately 830 women died every day due to complications from pregnancy or childbirth with a risk of maternal death of 216 per 100,000 live births. According to data from the 2015 Indonesian Demographic Health Survey (SDKI), the Maternal Mortality Rate (MMR), related to pregnancy, childbirth and postpartum, was 305 per 100,000 live births. This figure is still quite high when compared with ASEAN countries. The Maternal Mortality Rate (MMR) in Indonesia in 2012 reached 359 (Indonesian Ministry of Health, 2019).

According to the 2018 Indonesian Profile Data, the Maternal Mortality Rate (MMR) is an indicator to see the success of maternal health efforts. In general, there was a decrease in maternal deaths during the 1991-2015 period from 390 to 305 per 100,000 live births. Even though there is a trend towards decreasing maternal mortality, it has not succeeded in achieving the MDGs target which must be achieved, namely 102 per 1000,000 live births in 2015. The results of the 2015 supas show that

the maternal mortality rate is three times the MDGs target. (Indonesian Ministry of Health, 2019).

According to data from North Sumatra Province, the percentage of K4 service coverage for pregnant women according to districts/cities in North Sumatra province in 2018 shows that Deli Serdang City has the highest K4 coverage at 96.23%, followed by Langkat at 95.79% and Batu Bara at 94.67 %, while the districts/cities with the lowest K4 coverage among pregnant women are Gunung Sitoli City at 58.55%, South Nias District at 58.05% and Samosir District at 59.10% (North Sumatra Health Service, 2019).

One program to reduce problems in pregnant women is by doing pregnancy exercises. Pregnancy exercise can train the respiratory organs to adapt to changes in the condition of the stomach so that it can relax and the body's minimum oxygen requirements can be met. Pregnancy exercise can also teach you to control your body's posture in dealing with the increasing weight of the fetus and re-teach reflexes (especially inside the body), so that you can control your strength and also train the mother-to-be to prepare physically and mentally with relaxation by controlling muscle work correctly. Pregnancy exercise can also improve physical health, physics and self-confidence in facing childbirth, as well as guiding pregnant women towards physiological labor or normal and safe labor. (Latief, 2016)

According to the Health Profile of Medan City in 2018, the percentage of pregnant women receiving K1 antenatal care reached 75.4%, whereas in 2017 it was 80.3%, this achievement has not met the target according to the Health Service, namely 96%, let alone the standard target. Minimum Service (SPM), all pregnant women must receive health services according to standards. Meanwhile, the percentage of pregnant women receiving K4 antenatal care reached 62.15, this figure does not meet the set target of 100%. The percentage of Tetanus Diphtheria (TD) Immunization coverage for pregnant women and women of childbearing age was 9,950 people (138.2%). Pregnant women who receive K1 and K4 visits must consume a minimum of 90 Blood Supplement Tablets (TTD). Based on target data on the number of mothers 7,201 people were pregnant and 3,663 people received TTD 90 tablets (50.9%), this illustrates that there are still many pregnant women who do not carry out pregnancy exercises, which can be seen from Q4. Pregnancy exercise visits have been provided for pregnant women so that pregnant women can carry out

pregnancy exercises at the Community Health Center with the aim of ensuring that the mother and fetus remain healthy. (Medan Health Service, 2019).

Medan Johor Community Health Center is one of the Community Health Centers in Medan City which consists of 24 villages in the District. Pregnancy exercise instructors in the Medan Johor Health Center work area, Medan City, have received training at the Sibuhuan Health Service, Medan City. Based on data obtained from the Medan Johor Community Health Center, it can be seen that the number of pregnant women in 2023 will be 172 people, while there will be 39 people who want to take part in pregnancy exercise. In 2019 the number of pregnant women was 168 people, while 28 people wanted to take part in pregnancy exercises. Data obtained from the Medan Johor Community Health Center in October saw the number of pregnant women coming to the Medan Johor Community Health Center as many as 58 people/month, while there were 16 people who wanted to take part in pregnancy exercise. In November the number of pregnant women who came to the Lantong Community Health Center was 55 people/month, while there were 15 people who wanted to take part in pregnancy exercises. In December the number of pregnant women who came to the Medan Johor Community Health Center was 52 people/month, while there were 12 people who wanted to take part in pregnancy exercises. Based on data obtained from the Medan Johor Community Health Center, it can be seen that from year to year the number of pregnant women is increasing, but pregnant women who do not want to take part in pregnancy exercise are decreasing in the Medan Johor Community Health Center working area.

According to Notoatmodjo, the factors that influence behavior are determined by several factors, namely: predisposing factors which include: education, knowledge, attitudes and motivation. Driving factors include: environment, income, facilities and infrastructure. Supporting factors include: colleagues, officer support, family support and so on. (Notoatmodjo, 2010). The mother's lack of knowledge about pregnancy exercise results in the mother's lack of interest and desire to carry out pregnancy exercise activities. So it has a negative impact on the condition of the mother and fetus. These impacts include, the occurrence of vaginal bleeding, slowing down the delivery process, susceptibility to premature birth, signs of abnormalities in the fetus, *eclampsia / pre-eclampsia* and so on (Bobak, Lowdermilk, 2012).

Pregnant women who have a high level of knowledge about pregnancy exercise tend to do pregnancy exercise frequently. On the other hand, pregnant women who are less knowledgeable tend not to want to do pregnancy exercises. The implementation of pregnancy exercises can be influenced by feelings of laziness, lack of desire to do pregnancy exercises, and lack of motivation to do pregnancy exercises from health services (Muhimah, 2015)

Knowledge of pregnant women is what pregnant women know, information about pregnancy exercise and the health benefits for the fetus and mother. According to Anasari's research entitled Analysis of Factors Associated with the Participation of Pregnant Women in Carrying out Pregnancy Exercises in Pregnancy Classes in 2013, it shows that there is a significant relationship between knowledge and education of pregnant women. This significant relationship can be seen from the value $p_{\text{value education}} (p=0.005)$ and knowledge ($p=0.002$), meaning that there is a significant relationship between education and knowledge on the implementation of pregnancy exercises (Anasari, 2013).

According to Juliani's research entitled The Relationship between Husband's Support and Motivation and Mother's Participation in Pregnancy Exercises at the Rimasdalifah Arumy Clinic, Binjai City in 2018, it shows that there is a significant relationship between husband's support and motivation for pregnant women. This significant relationship can be seen from the value $p_{\text{value husband's support}} (p=0.031)$ and motivation ($p=0.031$), meaning that there is a significant relationship between husband's support and motivation for carrying out pregnancy exercises (Juliani, 2019)

The research results are in accordance with Masini's research on the influence of gravida, employment, husband's support, support from midwives/health workers on maternal participation in classes for pregnant women in Magelang City. The results of data analysis show that there is an influence of husband's support on mothers' participation in classes for pregnant women in Magelang City (Masini., 2015).

The results of interviews conducted with health workers at the Aek Batu Community Health Center, Torgamba District, South Labuhanbatu City, the pregnant mother class at the Aek Batu Community Health Center is a program that is carried out once a month. Each meeting for one exercise group can be attended by a maximum of 10 pregnant women, this is in accordance with the regulations for

implementing pregnancy exercise. The place for the exercise is the Aek Batu Community Health Center hall. Pregnancy exercise equipment such as mats and pictures of pregnancy exercise displays have been provided by the Health Service.

The results of the initial survey conducted by researchers through interviews with 10 pregnant women in the work area of the Medan Johor Community Health Center, revealed that 4 pregnant women took part in pregnancy exercise because they were motivated to have a normal birth and already knew the benefits of pregnancy exercise through a lot of information. 3 mothers said they did not participate in pregnancy exercise because they felt that their pregnancy was healthy and there were no problems. 3 mothers did not take part in the pregnancy exercise due to lack of financial means and the distance to travel to the place where the pregnancy exercise was carried out.

2. RESEARCH METHODS

This research is analytical in nature with a research design *Cross Sectional*. The population in this study were all pregnant women with a gestational age of > 22 weeks in the Medan Johor Community Health Center Working Area, Medan City. Based on data recorded on visits by pregnant women from January to December 2023, there were 135 pregnant women. Research subjects were taken using techniques *proportional sampling* as many as 101 pregnant women. In this study, research instruments were used by distributing questionnaires on knowledge, husband's support, and motivation for pregnancy exercise to respondents in accordance with the research inclusion criteria, namely: Pregnant women who carry out pregnancy control in the Medan Johor Community Health Center Work Area with a gestational age of ≥ 37 weeks. The data analysis used in this research is univariate analysis, bivariate analysis using tests *Chi Square* and multivariate with logistic regression. Independent variables are Knowledge, Husband's Support, and Motivation for Pregnancy Exercise. Dependent variable: Pregnancy exercise, tested using statistical tests *Chi-Square* and multivariate with logistic regression.

3. RESULTS AND DISCUSSION

A. Results

Table 1. Frequency Distribution of Characteristics of Pregnant Women in the Working Area of Medan Johor District Health Center Medan City in 2024

Characteristics	Frequency (f)		Percentage (%)
Age			
<20 years		33	32.7
20-35 years		57	56.4
> 35 years		11	10.9
Education			
Low (Primary to Middle School)		64	63.4
High (High School-College)		37	36.6
Work			
Work		75	74.3
Doesn't work		26	25.7

Table 1 shows that the results of data collection regarding the characteristics of respondents, based on age category, show that the majority of respondents aged 20-35 years were 57 people (56.5%), the majority of respondents with low education were 64 people (63.4%) , and most of the respondents were working as many as 75 people (74.3%).

Table 2. Multivariate Analysis Test Results of Stage II Logistic Regression Test

Variable	B	S.E	Wald	df	Sig	Exp (B)
Knowledge	1,859	0.805	5,342	1	0.021	6,420
Family support	3,191	0.880	13,157	1	0,000	24,308
Motivation	3,202	0.863	13,757	1	0,000	24,578
Constant	- 12,783	2,586	24,443	1	0,000	0,000

Table 2 shows that the variable that most significantly influences the implementation of pregnancy exercise is the motivation variable with a sig value. $0.000 < 0.05$ and the largest Exp (B) value (24.578).

4. DISCUSSION

A. The Relationship between Education and Pregnancy Exercise in the Work Area of Medan Johor Health Center, Medan City in 2024

Test results *chi square* shows that there is no relationship between education and pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 with the value $p = 0.200 > 0.05$. This can be

seen from the 101 respondents, 64 respondents with low education, 59.4% did not carry out pregnancy exercises and 40.6% did. The results of multivariate analysis with logistic regression showed that the sig value. $0.808 > 0.05$, it can be said that there is no significant influence of education on pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024.

This research is in line with research conducted by Laili (2015) which states that there is no relationship between education and maternal participation in pregnancy exercise. According to Laili (2015), the factor that causes mothers not to participate in pregnancy exercise is environmental influences society, the majority of whom still have low education (Laili, 2015). This research is also in line with Pratama's research (2018), the results showed that 12 mothers who did not carry out pregnancy exercise were mothers with a high level of education (\geq high school) with a value of $p = 0.409 >$ from $\alpha = 0.05$ so that H_0 was accepted, meaning no There is a relationship between the implementation of pregnancy exercises and the level of education (Pratama, 2018).

Education means guidance given by someone towards the development of others towards certain ideals. The higher a person's level of education, the easier it is to receive information, so that the mother's ability to think more rationally. The higher a person's education, the easier it is for them to receive information, and ultimately the more knowledge they have (Mubarak, 2015). According to the researchers' assumptions, of the 64 respondents who had low education, there were 26 respondents who carried out pregnancy exercises. This is because respondents actively carry out pregnancy checks and consult with health workers so that pregnant women receive a lot of information about the benefits of pregnancy exercise. On the other hand, of the 37 respondents with higher education, 27 people did not carry out pregnancy exercises. This is because pregnant women work so they do not have free time to carry out pregnancy checks and participate in pregnancy exercises. According to researchers, education and knowledge should go hand in hand. With a high level of education, a person's knowledge will also be greater than those with low education. However, environmental factors also influence people's way of thinking so that there are quite a few people with a high level of education but

their knowledge is still lacking compared to those with low education. Learning culture, curiosity and self- motivation can be factors that can increase a person's knowledge. So in this study, the level of education was not related to the implementation of pregnancy exercises.

B. The Relationship between Knowledge and Pregnancy Exercise in the Work Area of Medan Johor Health Center, Medan City in 2024

Test results *chi square* shows that there is a relationship between knowledge and pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 with the value $p = 0.000 < 0.05$. This can be seen from the 101 respondents, 60 respondents with less education, 86.7%, did not carry out pregnancy exercises and only 13.3% did. The results of multivariate analysis with logistic regression showed that the sig value. $0.021 < 0.05$, it can be said that there is a significant influence of knowledge on pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024.

This research is in line with Sembiring research, based on statistical values of test results *chi-square* shows that value $p = 0.002$ ($p = < 0.05$) which shows that there is a relationship between knowledge and the participation of pregnant women in taking part in pregnancy exercise at the Sunggal Medan Clinic in 2016. Sembiring concluded that knowledge is not the absolute cause of pregnant women not doing pregnancy exercise, but there are many factors that cause this, including culture or habits. owned by the mother, the mother's occupation and the distance between the gymnastics activity location and the pregnant mother's location (Sembiring R, 2016).

Knowledge is the result of knowing, and this occurs after people sense a particular object. This sensing occurs through the five human senses, namely sight, hearing, smell, taste and touch. Knowledge or cognitive is a very important domain in shaping a person's actions (*overt behavior*). Behavior that is based on knowledge will be more lasting than behavior that is not based on knowledge (Notoatmodjo S, 2016). According to the researchers' assumptions, of the 60 respondents who had less knowledge, there were 8 respondents who carried out pregnancy exercises. This is because respondents are obedient in carrying out pregnancy checks and actively ask about the condition of their pregnancy so that pregnant women receive a lot of information about the benefits of pregnancy

exercise. On the other hand, of the 41 respondents with good knowledge, there were 13 people who did not carry out pregnancy exercises. This is because more pregnant women spend a lot of time outside the home working so they don't have free time to do pregnancy checks and take part in pregnancy exercises. According to researchers, the higher a pregnant woman's education, the more active she is in doing pregnancy exercises. With higher education, pregnant women have a broad understanding and insight into the benefits of pregnancy exercise. Apart from that, it is easier for pregnant women who are highly educated to understand how to do pregnancy exercises correctly so that blood circulation will flow smoothly, there will be no swelling of the legs in pregnant women and the birthing process can proceed normally.

C. The Relationship between Family Support and Pregnancy Exercise in the Work Area of Medan Johor Health Center, Medan City in 2024

Test results *chi square* shows that there is a relationship between family support and pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 with the value $p = 0.000 < 0.05$. This can be seen from the 101 respondents, 55 respondents with less family support, 89.1% did not carry out pregnancy exercises and only 10.9% did. The results of multivariate analysis with logistic regression showed that the sig value. $0.000 < 0.05$, it can be said that there is a significant influence of family support on pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024.

The results of this research are in accordance with research conducted by Widiyanti (2016) where the test results obtained values p equal to $0.001 < 0.05$. This means that there is a relationship between support from the family (husband) on participation in classes for pregnant women (Widiyanti, 2015). Encouragement and family support for pregnant women to attend pregnancy classes and other pregnancy checks is very necessary. Family or husband support can be measured by looking at whether or not the mother supports the mother's participation in classes for pregnant women. Husband's support in the pregnant mother class program can be seen from the husband's participation in at least 1 meeting in the pregnant mother class (Directorate General of Nutrition Development and KIA, 2011).

Family support is social support that is seen by family members as something that can be provided for the family (social support may or may not be used, but family members view that supportive people are always ready to provide help and assistance if needed) (Azwar S, 2016). Some opinions say that social support, especially in the context of close relationships or the quality of marital and family relationships, is perhaps the most important source of social support. According to Smet (1994) in Nursalam (2015), social support consists of verbal and/or nonverbal information or advice, real help or actions provided by social familiarity or obtained because of their presence and has emotional benefits or behavioral effects for the recipient. Social support consists of verbal and/or nonverbal information or advice, real help or actions provided by social familiarity or obtained because of their presence and has emotional benefits or behavioral effects for the recipient (Nursalam., 2015).

According to the researchers' assumptions, of the 55 respondents who received less family support, there were 6 respondents who carried out pregnancy exercises. This is because respondents are actively looking for information about the benefits of pregnancy exercise so that pregnant women are motivated to take part in pregnancy exercise. On the other hand, of the 46 respondents with good family support, there were 16 people who did not carry out pregnancy exercises. This is because pregnant women have insufficient knowledge about pregnancy exercise so that even though the family is supportive, pregnant women are not motivated to take part in pregnancy exercise.

According to researchers, support from the family plays a very big role in determining the mother's health status. The involvement of family members or people closest to you, especially partners/husbands, can help bring about changes in behavior and also increase awareness to change towards a healthy life. If we look at health information, it is mostly obtained from health workers, family and the community, but in terms of other forms of social support, it is the husband who plays the biggest role for pregnant women. The importance of the husband's role in pregnant women is not only as a decision maker, the husband is also expected to always be alert and always pay attention to her health and safety of pregnant women. Husband's support is very helpful in shaping maternal health behavior because pregnant mothers will tend to obey what their

husband suggests, so that husband's social support is a big factor in relation to maternal participation in pregnant women's classes.

D. The Relationship between Motivation and Pregnancy Exercise in the Working Area of Medan Johor Health Center, Medan City in 2024

Test results *chi square* shows that there is a relationship between motivation and pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 with the value $p = 0.000 < 0.05$. This can be seen from the 101 respondents, 66 respondents who had less motivation, 89.4% did not carry out pregnancy exercises and only 10.6% did. The results of multivariate analysis with logistic regression showed that the sig value. $0.000 < 0.05$, it can be said that there is a significant influence of motivation on pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024.

This research is in line with research by Qomariah (2019) which states that there is a significant relationship between the motivation and participation of pregnant women in pregnancy exercise at BPM Hj Dince Safrina, SST and the value $p\text{ value} < 0.05$. The motivation of pregnant women and the implementation of pregnancy exercise have a very close relationship. Where someone who is motivated to do something will try to do that something well and diligently, with the hope of good results. A person's motivation that is caused by their own will rather than external encouragement will be more profitable and provide regularity in carrying out activities (Qomariah, 2019).

Pregnancy exercise is to provide encouragement and train the mother's body and soul in stages so that the mother can face childbirth calmly, so that the birth process can run smoothly and easily. Pregnancy exercise is basically training for healthy pregnant women to prepare their physical condition, maintain the condition of their muscles and joints which play a role in the process and mechanisms of childbirth. In this case, those who play a role in childbirth are the abdominal wall muscles, ligaments, pelvic floor muscles and so on which are related to the childbirth process.

Pregnancy exercise in normal pregnancy, on the advice of a doctor or midwife, can be started at 16 - 38 weeks, carrying out exercise at least once a week and wearing appropriate and loose clothing (Maryunani, 2015). According to Salmah (2016), one of the needs of pregnant women is exercise. Exercise during

pregnancy is better known as pregnancy exercise. Doing pregnancy exercises will provide many benefits in helping the birth process run smoothly (Salmah, 2016). Motivation is a process that does not just happen, but there is a need that underlies the emergence of this motivation. Needs cause someone to try to fulfill their needs (Nursalam., 2015).

According to the researchers' assumptions, of the 66 respondents who had less motivation, there were 7 respondents who carried out pregnancy exercises. This is because respondents received good family support. The husband/family's activeness in supporting pregnant women to carry out pregnancy checks at the same time makes the mother also have to take part in pregnancy exercise activities. On the other hand, of the 35 respondents with good motivation, there were 6 people who did not carry out pregnancy exercises. This is because pregnant women do not have husband/family support so that mothers cannot participate in pregnancy exercise activities at home that are far from the health center. According to researchers, the motivation of pregnant women and the implementation of pregnancy exercise have a very close relationship. Where someone who is motivated to do something will try to do that something well and diligently, with the hope of good results. A person's motivation that is caused by their own will rather than external encouragement will be more profitable and provide regularity in carrying out activities. Motivation that comes from outside the individual depending on something and the influence of other people does not mean it is unimportant and not good, because most likely a person's situation is dynamic and changing so that extrinsic motivation or encouragement from outside is needed.

5. CONCLUSION

Based on the results of research conducted on identifying factors that influence the implementation of pregnancy exercise in the Medan Johor Health Center Working Area, Medan City in 2024, it can be concluded that: a) The majority of pregnant women are in the Medan Johor Health Center Working Area, Medan City in 2024. b) Some The majority of pregnant women, namely 64 people (63.4%) have a level of knowledge in carrying out pregnancy exercises in the Medan Johor Community Health Center Working Area, Medan City in 2024. c) The majority of

families, namely 55 people (54.5%) do not support pregnant women in carrying out Pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024. d) The majority of pregnant women, namely 66 people (65.3%) have less motivation in carrying out pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024. e) There is an influence variable knowledge of pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 ($p0.021<0.05$). e) There is a variable influence of family support on pregnancy exercise in the Medan Johor Community Health Center WorkingArea, Medan City in 2024 ($p0.000<0.05$). f) There is a variable influence of motivation on pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 ($p\ 0.000<0.05$). g) Of all the independent variables, the variable that has the most significant influence on pregnancy exercise in the Medan Johor Community Health Center Working Area, Medan City in 2024 is the motivation variable with the largest Exp (B) value (24.578).

It is recommended that the Medan Johor Community Health Center, Medan City, increase the provision of information about the benefits of pregnancy exercise through outreach activities to pregnant women to increase their knowledge about pregnancy exercise activities, especially for mothers with low education so that pregnant women are motivated to take part in pregnancy exercise.

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