

Knowledge Extension of Pregnant Women About Pregnancy Exercises That Can Reduce Back Pain in the Baru Ladang Bambu Village in 2021

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ABSTRACT

The purpose of this study was to determine whether pregnant women know that pregnancy exercise can reduce back pain (back pain). And the activities carried out are to increase the knowledge of pregnant women that pregnancy exercise can reduce back pain. Practicing pregnancy exercise to mothers and helping mothers pregnant women to take part in pregnancy gymnastics simultaneously. The types and forms of activities of this activity are as follows: Giving material to pregnant women about pregnancy exercise, demonstrating pregnancy exercise to pregnant women. The results of the research are To achieve the objectives of the above activities, activities are carried out between another delivery of material about pregnancy exercise.

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1. Introduction

Mothers as one of the important actors in the process of children's education should not be underestimated. The mental, spiritual and behavioral side of the mother will determine the quality of the generation that will be born. Including the mother's step in pregnancy, where a mother is an unbroken link in an effort to create a pious generation (Nirwana, 2017). A woman (mother) has become nature in her life will undergo the process of pregnancy and childbirth. For a woman, this period is a happy time, especially for women who are experiencing pregnancy for the first time (Muhibah, et al, 2017).

Pregnancy is a natural event experienced by a mother, for pregnant women everything that is around her life will have a direct effect on her. Many pregnant women will reduce their work by reducing work that requires strength from the muscles (Maryunani, et al, 2017). During pregnancy also brings physical changes that occur sometimes even do not provide discomfort for the mother such as pain or pain in the back, aches in the leg area and so on. One of the most suitable types of exercise for pregnant women is pregnancy exercise (Widianti, et al, 2017). Pain is the reason most often complained and causes a person to experience pain that affects discomfort and tries to eliminate the cause of the pain or restore his comfort level (Rohmah, 2016).

Back pain is an uncomfortable condition or chronic pain for at least 3 months accompanied by activity limitations caused by pain when moving or mobilizing (Noor, 2017). Back pain during pregnancy experiences pain in the joints of the back and ligaments relax and is accompanied by an increase in weight The uterus changes the center of balance so that the mother-to-be has to stand with her shoulders slightly pulled back. The relaxed attitude of the back and ligaments causes back pain, especially more felt by multigravida women / women who are more than 1 or 2 times pregnant (Seed, 2017).

Several factors influence the occurrence of back pain, namely: posture, sleeping position, increased hormones, bending over, multiple pregnancies, history of pain in previous pregnancies and obesity (Noor, 2017). Pregnancy exercise (Pilates) is a therapeutic motion exercise to prepare pregnant women physically or mentally, for fast, safe and spontaneous labor. Where this pregnancy exercise is carried out, one of them is to train posture in order to avoid or relieve complaints such as back pain and back pain during pregnancy (Widianti, et al, 2017).

2. Method

The direction or purpose of this activity can be carried out by conducting counseling to pregnant women about pregnancy exercises that can reduce the incidence of back pain carried out at the Posyandu Kel. New Bamboo Farm. Darmo Midwifery Academy lecturers totaling 2 people, 1 student advice Pregnant mother.

2.1. Activity steps

As a community service activity, the following preparations are carried out:

a. **Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Request permission from the Head of the District for the implementation of counseling activities for pregnant women about pregnancy exercises that can reduce the incidence of back pain
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of counseling activities for pregnant women about pregnancy exercises that can reduce the incidence of back pain
- 4) Determination of the facilities and infrastructure needed to support the implementation of these outreach activities.
- 5) Other things that are considered important in carrying out activities

b. **Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

2.2. Activity Process

On June 19, 2021, data collection on participants who will take part in counseling activities for pregnant women about pregnancy exercises that can reduce the incidence of back pain will be carried out, the opening event. counseling for pregnant women about pregnancy exercise that can reduce the incidence of back pain, among others by doing:

- a. Lecture
- b. Frequently Asked Questions c.
- c. Discussion

After giving the material, there will be a pregnancy exercise demonstration for pregnant women.

3. Results and Discussion

a. Target Audience

This activity targets pregnant women in the Baru Ladang Bambu Village, Medan Tuntungan District.

b. Linkages

In carrying out this service activity, the fields of knowledge that are considered related include midwifery care for pregnant women, pregnancy exercise, pain, and pain during pregnancy.

c. Evaluation Plan

In this case, the evaluation carried out was an evaluation of the status of knowledge on changes in behavior (knowledge, attitudes, and actions) as well as increasing the health status of the mother during pregnancy, increasing information about pregnancy exercise to reduce back pain during pregnancy.

d. Supporting and Inhibiting Factors

- 1) Supporting factors

Enthusiasm of pregnant women is quite large. The District Party, in this case Kelapa Sub-district, Kepling, provides time and place so that the counseling can run well.

- 2) Obstacle factor

Awareness of pregnant women about the importance of counseling pregnant women about pregnancy exercise that can reduce the incidence of back pain (back pain) which is

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lacking so that in the activity process requires a large enough effort to attract the interest of mothers and families so that they want and are willing to re-practice pregnancy exercise in home after the pregnancy exercise demonstration was carried out at the counseling site.

4. Conclusion

The report on the implementation of community service activities in the form of counseling for pregnant women about pregnancy exercise that can reduce the incidence of back pain carried out at the Posyandu, Baru Ladang Bambu Village, can be stated as follows: The activity was carried out according to the goals and plans, this activity was well received. The good thing from the sub-district, this activity provides a new discourse for pregnant women to be able to disseminate information about pregnancy exercises that can reduce the incidence of back pain.

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