

**PROGRAM STUDI KEBIDANAN PROGRAM SARJANA DAN  
PENDIDIKAN PROFESI BIDAN  
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**PENGARUH TEKNIK RELAKSASI PERNAPASAN DAN OLAH  
TUBUH TERHADAP KESIAPAN FISIK DAN MENTAL IBU HAMIL  
TRIMESTER III DALAM MENGHADAPI PERSALINAN**

**ABSTRAK**

**Latar Belakang:** Selama masa kehamilan ibu hamil mengalami perubahan fisik dan mental yang dapat menimbulkan ketidaknyamanan. Salah satu terapi non farmakologi dengan melakukan intervensi teknik relaksasi pernapasan dan olah tubuh (yoga hamil). Hal tersebut dapat membantu mempersiapkan kondisi fisik dan mental ibu hamil trimester III menghadapi persalinannya.

**Tujuan penelitian:** Mengetahui pengaruh teknik relaksasi pernapasan dan olah tubuh terhadap kesiapan fisik dan mental ibu hamil trimester III menghadapi persalinan.

**Metode Penelitian:** Jenis penelitian ini *quasy experiment* dengan rancangan *one group pre-test post-test design*. Sampel penelitian ini sebanyak 20 orang ibu hamil trimester III yang melakukan teknik relaksasi pernapasan dan olah tubuh. Penelitian ini menggunakan teknik *accidental sampling*.

**Hasil Penelitian:** Berdasarkan hasil uji statistik dengan menggunakan *Uji Wilcoxon* menunjukkan hasil yang signifikan ( $p=0,034$ ), sehingga disimpulkan bahwa ada pengaruh teknik relaksasi pernapasan dan olah tubuh terhadap kesiapan fisik dan mental ibu hamil trimester III dalam menghadapi persalinan di RSIA Kasih Ibu Tegal tahun 2020. Diharapkan dapat menjadi bahan informasi mengenai kesiapan fisik dan mental dan agar dapat tergali lebih banyak lagi tentang kesiapan fisik dan mental apa saja yang harus dipersiapkan ibu hamil trimester III.

**Kata Kunci :** Teknik relaksasi pernapasan dan olah tubuh, ibu hamil, kesiapan fisik dan mental menghadapi persalinan

**Daftar Pustaka** : 65 (2010 – 2020)

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**ABSTRACT**

**Background:** During pregnancy moment, pregnant women have physical and mental changes that can cause discomfort. One of the non-pharmacological therapy is by doing intervention in breathing relaxation techniques and body exercises (prenatal gentle yoga). The intervention can help the pregnant women to prepare physical and mental condition of in the third trimester in facing childbirth.

**Research Objective:** To know the effect of breathing relaxation techniques and body exercise on the physical and mental readiness of pregnant women in the third trimester in facing childbirth.

**Research Method:** The type of the research is quasy experiment of one group pre-test and post-test design. Sample of this research consists of 20 pregnant women in the third trimester with breathing relaxation techniques and body exercises (prenatal gentle yoga). The researcher used accidental sampling technique.

**The Result of Study:** Based on the result of statistical test using the Wilcoxon test, it shows that there is a significant result ( $p = 0.034$ ) of the group. It determines that there is positive effect of breathing relaxation techniques and body exercise on the physical and mental readiness of pregnant women in the third trimester in facing childbirth at Kasih Ibu Tegal Hospital in 2020. It is expected to be used as a reference for those who want to conduct research with similar topic.

**Keywords** : breathing relaxation techniques and body exercises, pregnant women, physical and mental readines facing childbirth

**Sourche** : 65 (2010 – 2019)

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