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The Relationship Between Pregnancy Discomfort And Physical Activity Of Third Trimester Pregnant Women

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ABSTRACT

Purpose: This study aims to determine the relationship of discomfort in pregnancy with physical activity of third trimester pregnant women. **Methods:** quantitative analytic survey with cross sectional research design. The population in this study were 23 third trimester pregnant women in Banjaranyar Village. Sampling in this study used total sampling of 23 respondents. **Results:** showed that the age of the majority of respondents was reproductive age (20-35 years) 56.5%, most respondents had low education, namely 16 respondents with a total of 69.6%. The frequency of parity of the majority of respondents is primipara, namely having given birth, as many as 10 respondents with a total of 43.5%. Of the 23 respondents, the frequency of pregnant women feeling discomfort was 21 respondents (91.3%), pregnant women did light activities as many as 18 respondents (78.3%). **Conclusions:** There is a relationship between discomfort in pregnancy with physical activity of pregnant women in Banjaranyar Village, Banjaranyar District with P Value $0.001 \leq \alpha = 0.05$.

Keywords: Physical activity, pregnant women, third trimester discomfort

Introduction

Pregnancy is a condition of a woman having a fetus that has grown in her womb. Generally, the fetus grows with a pregnancy time of about 40 weeks or 9 months. Calculated at the beginning of the last menstrual period until childbirth. Pregnancy is divided into 3 trimesters, namely trimester I (0-12 weeks), trimester II (13-27 weeks), trimester III (28-40 weeks). Third trimester pregnancy is the final age of pregnancy and ahead of labor (Nurhayati et al., 2019). In third trimester pregnancy, fatigue, mild depression, and discomfort will increase (Puspitasari & Indrianingrum., 2020). Most pregnant women who enter third trimester pregnancy, experience comfort disorders that have an impact on the fulfillment of daily activities.

The impact of pregnant women's activities if disrupted will affect the health status of pregnant women and fetal growth and development in the womb (Sukorini., 2017). During the third trimester, the abdominal condition is getting bigger, causing it to not be free to move, and the ability to move is decreasing so that pregnant women tend not to be able to

carry out daily activities optimally due to limited movement. Actually, pregnant women are encouraged to do enough movement or activity to facilitate the labor process as long as it does not cause fatigue (Khafidhoh., 2017).

In addition, pregnant women also experience physiological and psychological changes, in the process of physiological changes in pregnant women in the third trimester that commonly occur are active fetal movements, and also have some discomfort, including frequent urination, swelling of the legs, insomnia, constipation, tingling, shortness of breath, back pain, (Astuti et al., 2017). Common psychological changes are anxiety, worry, and fear (Fauziah & Sutejo., 2017).

The impact of changes in both physiological factors and psychological factors on comfort disorders in pregnancy not only affects the quality of sleep, but also affects daily activities such as doing household chores, for example washing dishes, sweeping, cooking, cleaning the house, etc. for housewives. For housewives, these activities are also very uncomfortable to do in third trimester pregnancy. Decreased sleep quality and unoptimized physical activity during the third trimester will affect the health conditions of the mother and baby.

Anxiety and fatigue in third trimester pregnant women can also arise (Janiwarty., 2017). As many as 47.3% of third trimester pregnant women experience anxiety due to discomfort when doing physical activities that affect their thoughts about the state of the fetus (Martini and Ika., 2017). Anxiety in third trimester pregnant women if not treated can cause the mother to lack concentration in activities, increase blood pressure, and can increase the risk of premature pregnancy (Ardilah, Setyaningsing, and Narulita., 2019).

Methods

The research method used in this study was quantitative analytic method with cross sectional research design. The population in this study were all third trimester pregnant women in Banjaranyar Village, Banjaranyar District, Ciamis Regency. The population in this study was 30 third trimester pregnant women in Banjaranyar Village according to data from UPTD Puskesmas Cigayam. The sampling technique used total sampling and obtained a sample of 33 respondents. This research was conducted at the Banjaranyar Village Environmental Posyandu on February 8-20, 2022 according to the posyandu schedule.

The implementation of the study began with a time contract (Informed Consent) until an agreement was obtained through the signing of an agreement letter. After that, the researcher gave questionnaires to third trimester pregnant women. The researcher checked the questionnaire sheet that had been collected, then checked its completeness if there were statements that had not been filled in. Researchers processed the data and analyzed it.

The instrument used in this study was a questionnaire sheet. Data analysis in this study used Univariate and Bivariate. Univariate analysis was conducted to obtain a description of the characteristics of respondents and the frequency distribution of all observed variables. So that the variation of each variable can be known, while the bivariate analysis is presented to see the relationship between each dependent variable and the independent variable. Data processing uses the Chi-Square statistical test with a confidence level of 95% ($\alpha = 0.05$). so that if $p \text{ values} \leq 0.05$, it shows that there is a relationship between the independent variable and the dependent variable, while if $p > 0.05$, it shows that there is no relationship between the independent variable and the dependent variable.

Results

Based on the results conducted at the Pereng Environmental Health Post in Benteng Village on 33 respondents, the following research results were obtained:

Table 1. Frequency Distribution of Respondent Characteristics

Variables	Frequency (F)	Percentage(%)
Age		
< 20	1	4,3
20 - 35	13	56,6
>35	9	39,1
Total	23	100
Last EducationParents		
Lower Education	16	69,6
Secondary Education	7	30,4
Total	23	100
Jobs		
Housewife	20	86,1
Farmer	2	8,6
Trader	1	4,3
Total	23	100
Parity		
Nulliparous	16	69,6
Primiparous	10	43,5
Multiparous	9	39,1
Total	23	100

Based on the results of research through data collection in February 2022 using a questionnaire sheet to 23 respondents, it was found that the age of the majority of respondents was reproductive age at the age of 20-35 years as many as 13 respondents with a total of 56.5%, less than 20 years as many as 1 person with a percentage of 4.1%, more than 35 years as many as 9 respondents with a percentage of 39.1%. Based on the results of the study, the majority of respondents' jobs were housewives as many as 20 people with a percentage of 86.1%, 2 people (8.6%) worked as farmers, and 1 person (4.3%) worked as a trader.

Table 2. Third Trimester Pregnancy Discomfort

Category	Number (n)	Percentage (%)
Uncomfortable	21	91,3
Comfortable	2	8,7
Total	23	100

Based on the results of the study, it shows that of the 23 respondents, the frequency of pregnant women feeling discomfort was 21 respondents (91.3%), and felt comfortable as many as 2 respondents (8.7%).

Table 3. Physical Activity of Third Trimester Mothers

Category	Number (n)	Percentage (%)
Weight	2	8,7
Medium	3	13
Lightweight	18	78,3
Total	23	100

Based on the results of the study that of the 23 respondents, the frequency of pregnant women obtained the highest results, namely doing light activities as many as 18 respondents (78.3%), doing moderate activities 13%, and heavy as many as 2 people (8.7%).

Discussion

1. Respondent Characteristics

Based on the results of research through data collection in February 2022 using a questionnaire sheet to 23 respondents, it was found that the age of the majority of respondents was reproductive age at the age of 20-35 years as many as 13 respondents with a total of 56.5%, less than 20 years as many as 1 person with a percentage of 4.1%, more than 35 years as many as 9 respondents with a percentage of 39.1%. The best age for pregnancy and childbirth is 20-35 years old, according to research (Sukorini., 2017). because at this age is the ideal age so it is considered to have the lowest risk of complications in pregnancy and childbirth (Rasjidi., 2014).

Based on the results of the study, the majority of respondents' jobs were housewives as many as 20 people with a percentage of 86.1%, 2 people (8.6%) worked as farmers, and 1 person (4.3%) worked as a trader. Most of the respondents, the majority of primiparous parity, namely having given birth as many as 10 respondents with a total of 43.5%, multiparous have given birth more than once as many as 9 respondents with a percentage of 39.1% and the lowest percentage of nulliparous or first pregnancy as many as 4 respondents with a total of 17.4%. Mothers who have given birth are the safest parity in terms of maternal mortality (Wantini., 2021). Based on the results of the study, it was found that most of the respondents had a low education, namely 16 respondents with a total of 69.6% and 7 respondents with a secondary education with a total of 30.4%.

2. Third trimester pregnancy discomfort

Based on the results of the study, it shows that of the 23 respondents, the frequency of pregnant women feeling discomfort was 21 respondents (91.3%), and felt comfortable as many as 2 respondents (8.7), which means that discomfort during third trimester pregnancy is felt by pregnant women and feels disturbing. Third trimester pregnancy discomfort can result in physical changes that can cause discomfort during pregnancy such as increased frequency of micturition, back pain, hyperventilation and shortness of breath, dependent edema, heartburn, leg cramps, constipation, tingling in the fingers, and difficulty sleeping, the physical discomfort felt by the mother will generally increase with increasing gestational age (Aprilia., 2014).

Most respondents experienced discomfort, for the discomfort of low back pain, back pain, leg cramps and difficulty sleeping. As for the discomfort of shortness of breath, only a few respondents felt shortness of breath. In this study, the discomfort that is often felt by third trimester pregnant women is the complaint of swelling of the legs. The drastic increase in body weight causes pregnant women to feel tired quickly, difficulty sleeping, shortness of breath, oedema feet and hands (Handayani & Suryani., 2018).

In addition to complaints of swelling in the legs, in the study the respondents also had complaints of low back pain. Based on Rahmawati (2013), back pain is also one of the factors that interfere with the activities of third trimester pregnant women. Another discomfort felt by pregnant women is complaints of leg cramps. Women experience a variety of discomforts during pregnancy, most of these discomforts are related to the anatomical and physiological changes that occur. One of the discomforts that often arise is back pain (Walsh, 2007 in (Handayani & Suryani., 2018)).

3. Physical Activity for Pregnant Women

Based on the results of the study that of the 23 respondents, the frequency of pregnant women obtained the highest results, namely doing light activities as many as 18 respondents (78.3%), doing moderate activities 13%, and heavy as many as 2 people (8.7%) which means that physical comfort disorders felt by pregnant women interfere with daily activities such as work, sleep and others (Nurapandi, et al., 2022). According to (Sumilih, 2021) the physical activity needs of each person are different, the physical activity of pregnant women is influenced by discomfort during third trimester pregnancy.

4. Relationship between pregnancy discomfort and physical activity of third trimester pregnant women

Based on the results of the study obtained data that respondents who felt discomfort were 21 people (91.3%) by doing moderate activities as many as 3 people (13%), doing heavy activities 1 person (4.3%), doing light activities as many as 17 people with a percentage of 91.3%. Respondents who felt comfortable were 2 people with a percentage of (8.7%) doing heavy activities 1 person (4.3%) and doing light activities 1 person (4.3%). Based on the results of the chi square test, it was found that the P value was 0.001, because the P value < Alpa value ($0.001 \leq 0.05$), it can be concluded that there is a relationship between discomfort in pregnancy with physical activity of third trimester pregnant women.

This research is also in line with the research of Restu Retno Sumilih (2021) with the title The relationship between physical activity and the quality of sleep of third trimester pregnant women at the Palaran Health Center, there is a significant relationship between physical activity and the quality of sleep of third trimester pregnant women with a P value of 0.01 (Sumilih., 2020).

According to Wahyuni (2019) the discomfort that occurs due to back pain if left unchecked will cause various kinds of disturbances. These disorders can affect daily activities such as pregnant women will feel pain when changing positions, pain when moving places, pain when standing after sitting, pain when standing for too long, and pain when lifting and moving objects around (Sukmawati et al., 2020).

The various impacts experienced by pregnant women due to back pain will affect the quality of life of pregnant women to be less good. Discomfort caused by back pain is a physiological change experienced by pregnant women, where this discomfort will increase as the gestational age increases. Discomfort that back pain can affect the quality of sleep and interfere with the daily activities of pregnant women (Rahayu et al., 2020).

This is in line with research conducted by Palifiana & Wulandari (2018) which reveals that physical discomfort felt by mothers during pregnancy will interfere with daily activities. In addition, other studies also explain that physical comfort disorders in pregnant women have a 5 times greater risk of experiencing poor sleep quality than pregnant women who do not experience physical discomfort, where the discomfort felt by pregnant women is in the form of back pain, frequent urination, and leg cramps that interfere with the quality of sleep and activities of pregnant women (Sukorini., 2018).

The results of this study are different from previous research conducted by Sri Wulandari and Nonik Ayu Wantini (2021) entitled physical and psychological discomfort in third trimester pregnant women in the Berbah Sleman Health Center Region, Special Region of Yogyakarta known that 77.80% of respondents experienced moderate physical discomfort, which means that physical comfort problems felt by pregnant women do not interfere with the daily activities of pregnant women. Such as working, sleeping and others. The types of physical discomfort often experienced by mothers often BAK 73%, then others are low back pain, lower upper back pain, insomnia, cramps in the legs below 50%, while others are rarely felt by mothers (Wantini., 2021).

Conclusion

Based on the results of research and discussion, it can be concluded that third trimester pregnant women felt discomfort as many as 21 respondents (91.3%), third trimester pregnant women do light activities as many as 18 respondents (78.3%), and there is a relationship between discomfort in pregnancy with physical activity of third trimester pregnant women in Banjaranyar Village, Banjaranyar District with a P Value of $0.001 \leq \alpha = 0.05$.

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