

## ABSTRACT

### **PREGNANCY EXERCISE AND VITAL SIGNS (BLOOD PRESSURE, PULSE, AND RESPIRATORY RATE) ON THE 28-32 WEEKS OF PRIMIGRAVIDAS IN CHILDREN AND WOMEN HEALTH CLINIC AT PETROKIMIA HOSPITAL, GRESIK**

#### **Quasy Experimental Study**

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The main problem in pregnant women especially the third semester primigravidas is tendency of complication from the physiology of pregnancy such as high blood pressure, increased pulse and respiratory rate. Pregnancy exercise is useful for physically preparing the pregnant women to cope the complaints of pregnancy and facilitate the process of delivery. The objective of this study is to examine the difference of blood pressure, pulse, and respiratory rate on the 28-32 weeks of primigravidas in relation to pregnancy exercise.

Design used in this study was quasy experimental. Sample taken by total sampling was 16 respondents, divided into a group of control and experiment equally. The blood pressures, radialis pulses and respiratory rates were assessed four times in two week period and recorded on an observation paper. Data were then analyzed using Fisher's Exact Test with level of significance of 0.05.

Results showed that there was no significant difference in blood pressure after intervention ( $p=0.233$ ) for systolic between the group of control and experiment. There was a significant difference in pulse normality after intervention ( $p=0.038$ ) between the group of control and experiment and there was a significant difference in respiratory rate after intervention ( $p=0.013$ ) between the group of control and experiment.

In conclusion, there were different expression in the blood pressure, radialis pulse, and respiratory rate in relation to pregnancy exercise. The pulse and respiratory rate on the experiment group were better than those of the control group. The continuous implementation of pregnancy exercise during the third semester was suggested to gain better results.

*Keywords: pregnant, pregnancy exercise, blood pressure, radialis pulse, respiratory rate, the 28-32 weeks gestation of primigravidas*

