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(Research Article)

Prenatal exercises and incidence of morning sickness in pregnant women in prenatal class

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Abstract

Introduction: The first trimester of pregnancy is the initial period for pregnant women to adapt to their pregnancy. Morning sickness usually occurs in pregnant women in the first trimester. Nearly of pregnant women experience nausea and vomiting from the start of pregnancy. The study was to identify the relationship between prenatal exercise and the incidence of morning sickness in pregnant women in prenatal class at the Juliana Dalimunthe Clinic in 2023.

Methods: The study was quantitative using a cross-sectional study approach. The population in this study were all pregnant women who visited the Juliana Dalimunthe Clinic from April to June 2023. The samples were obtained using the accidental sampling technique. The statistical test used was the chi-square test with a 95% confidence level (α=0.05).

Results: The results showed that the majority of respondents took part in prenatal exercise as many as 27 respondents (84%), the majority of respondents did not experience morning sickness as many as 30 respondents (94%), and there was a relationship between prenatal exercise and sickness with a p-value of 0.003 <0.05.

Conclusion: It is hoped that the Juliana Dalimunthe Clinic will always provide information to all pregnant women to take part in prenatal exercises. Prenatal exercise can help reduce a mother's discomfort during pregnancy, especially the first trimester of pregnancy.

Keywords: Prenatal class; Prenatal exercise; Morning sickness incidence; Pregnancy

1 Introduction

Prenatal exercise is an exercise performed during pregnancy before the birth of the baby which can help reduce complaints and complications of pregnant women during pregnancy starting from the beginning of pregnancy such as nausea and vomiting or morning sickness until the end of pregnancy [1]. The first trimester of pregnancy is the initial period for pregnant women to adapt to their pregnancy [2]. Morning sickness often occurs in pregnant women in the first trimester. Almost 50% of pregnant women experience nausea and vomiting since the beginning of pregnancy [3].

Morning sickness is one of the health problems experienced by pregnant women [4]. Pregnant women who know about disorders and complications of pregnancy enable mothers to maintain, prevent, and avoid the risk of complications during pregnancy. Prenatal exercise will help pregnant women reduce frequent complaints such as nausea and vomiting. Pregnant women will feel more relaxed because this exercise will make blood circulation run smoothly and pregnant women can rest calmly and soundly [5].

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First-trimester pregnant women who applied prenatal exercise showed that there was an effective effect of prenatal exercise on average of 75% from 20 pregnant women on reducing the incidence of nausea and vomiting in pregnant women [6]. Discomfort in the first trimester shows that the biggest symptom that occurs in pregnant women is the incidence of nausea and vomiting as much as 85.7%. After doing prenatal exercises twice a day, the majority of respondents, 66.7%, felt comfortable and the feeling of nausea and vomiting was reduced [7].

Prenatal and the incidence of morning sickness in pregnant women at the Juliana Dalimunthe clinic in 2023. The study was to identify the relationship between prenatal exercise and the incidence of morning sickness in pregnant women in the prenatal class at the Juliana Dalimunthe clinic in 2023.

2 Material and Methods

The study was a quantitative with cross-sectional approach. The study was conducted from September to December in Juliana Dalimunthe Clinic in 2023. The population in this study were all pregnant women who visited the Juliana Dalimunthe Clinic from April to June 2023. Therty-two pregnant women were applied in this study using accidental sampling. The data source for this study was primary data with research instruments in the form of questionnaire sheets. The statistical test used was the chi-square test with a 95% confidence level (α=0.05).

3 Results

Based on Table 1, the results show that of the 32 respondents, the majority of respondents participated in prenatal exercise, 27 respondents (84%), and the minority of respondents did not participate in prenatal exercise, 5 respondents (16%).

Table 1 Frequency Distribution of Prenatal Exercise for Pregnant Women in Prenatal Class at the Juliana Dalimunthe Clinic in 2023 (n=32)

Prenatal exercise	**F**	**%**
Participated	27	84
Did not participate	5	16
Total	32	100

Based on Table 2, the results show that of the 32 respondents, the majority of respondents did not experience morning sickness in pregnant women, 30 respondents (94%), and the minority experienced morning sickness in pregnant women, 2 respondents (6%).

Table 2 Frequency Distribution of Morning Sickness Events in Pregnant Women in Prenatal Classes at the Juliana Dalimunthe Clinic in 2023 (n=32)

Morning Sickness	**F**	**%**
Experienced	2	6
Did not experience	30	94
Total	32	100

Based on Table 3, the results show that of the 32 respondents, the majority of respondents participated in prenatal exercise and did not experience morning sickness in the prenatal class at the Juliana Dalimunthe Clinic in 2023, as many as 27 respondents (84%) and the minority did not participate in prenatal exercise and experienced morning sickness in pregnant women. There were 2 respondents (6%) in the prenatal class at the Juliana Dalimunthe Clinic in 2023 with a P value of 0.003<0.05. There was a relationship between prenatal exercise and the incidence of morning sickness in pregnant women in prenatal classes at the Juliana Dalimunthe Clinic in 2023.

Table 3 The Relationship between Prenatal Exercise and the Occurrence of Morning Sickness in Pregnant Women in Prenatal Classes at the Juliana Dalimunthe Clinic in 2023 (n=32)

Prenatal exercise	**Occurrence of Morning Sickness**				**Total**		***p-value***
	Experienced		**Did not experience**				
	n	**f**	**n**	**n**	**n**	**f**	
Participated	0	0	27	84,3	27	84	0.003
Did not participated	2	6	3	10	5	16	
Total	2	6	30	94	32	100	

4 Discussion

The results showed that of the 32 respondents, the majority of respondents participated in prenatal exercise, 27 respondents (84%), and the minority of respondents did not participate in prenatal exercise, 5 respondents (16%). Prenatal exercise is an exercise performed during pregnancy before the birth of the baby which can help reduce complaints and complications of pregnant women during pregnancy starting from the beginning of pregnancy such as nausea and vomiting or morning sickness until the end of pregnancy [8]. According to the researcher's assumption, there is conformity with the research results with the theory that prenatal exercise is effective for pregnant women from the first trimester for pregnant women who have never experienced pregnancy complications.

The results showed that of the 32 respondents, the majority of respondents did not experience morning sickness in pregnant women, 30 respondents (94%), and the minority experienced morning sickness in pregnant women, 2 respondents (6%). The first trimester of pregnancy is the initial period for pregnant women to adapt to their pregnancy. Morning sickness, which is usually called morning sickness, often occurs in pregnant women in the first trimester. Almost 50% of pregnant women experience nausea and vomiting since the beginning of pregnancy [9]. Morning sickness is one of the health problems experienced by pregnant women. Pregnant women who know about disorders and complications of pregnancy enable mothers to maintain, prevent, and avoid the risk of complications during pregnancy [10]. According to the researcher's assumption, there is conformity with the research results with the theory that nausea and vomiting are often experienced by pregnant women in the first trimester of pregnancy.

The results showed that of the 32 respondents, the majority of respondents participated in the prenatal exercise and did not experience morning sickness in pregnant women as many as 27 respondents (84%) and the minority did not participate in prenatal exercise and experienced morning sickness in pregnant women as many as 2 respondents (6%) with a p-value of 0.003 < 0.05. There is a relationship between prenatal exercise and the incidence of morning sickness in pregnant women at the Juliana Dalimunthe Clinic in 2023.

According to the theory, prenatal exercise will help pregnant women reduce frequent complaints such as nausea and vomiting. Pregnant women will feel more relaxed because this exercise will make blood circulation run smoothly and pregnant women can rest calmly and soundly [6]. The results of Heni Heryani's 2019 research on prenatal exercise to reduce Emesis Gravidarum showed that discomfort in the first trimester showed that the biggest symptom was nausea and vomiting at 85.7%. After doing prenatal exercises twice a day, the majority of respondents, 66.7%, felt comfortable and the feeling of nausea and vomiting was reduced [7].

5 Conclusion

The majority of respondents who participated in prenatal exercise were 27 respondents (84%), 30 respondents (94%) did not experience morning sickness in pregnant women and there was a relationship between prenatal exercise and the incidence of morning sickness in pregnant women in prenatal classes at the Juliana Dalimunthe Clinic in 2023 (p-value 0.003<0.05).

It is hoped that health workers at the Juliana Dalimunthe Clinic will always provide information to all pregnant women about taking part in prenatal exercises. Prenatal exercise can help reduce maternal discomfort during pregnancy, especially in the first trimester of pregnancy, such as morning sickness. So that mothers can have a comfortable and healthy pregnancy.

Compliance with ethical standards

Disclosure of conflict of interest

The author has no any conflict of interest for publishing this paper.

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