Ideologi, Mortality Salience dan Kekerasan ‘Suci’:
Analisis Model Struktural
Tutut Chusniyah

Konstrual-diri di Kalangan Mahasiswa
A. Supratiknya

Penerimaan Keluarga Terhadap Individu Yang
Mengalami Keterbelakangan Mental
Wiwin Hendriani, Ratih Handariyati, Tirta Malia Sakti

Vol. 8 No. 2, Agustus 2006
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The Effect of Pregnant Gymnastic as a Prenatal Care on Degradation of Anxiety in Facing the First Childbirth

Abstract

One of the important things for pregnant women is the mental and physical health around the time of childbirth, especially for women having their first child. This research sets out to investigate the effect of pregnant gymnastics as a prenatal care on the degradation of anxiety in facing the first childbirth. The research’s experimental design was pretest-posttest control group design, with sixteen subjects involved in this research. The overall sixteen primiparous mothers were divided into two groups, ten mothers were assigned in the experimental group and another six mothers were in the control group. For the experiment group, the activity proceeded in six meetings, twice a week. Methods included questionnaire and discussions. Data were analyzed by Mann-Whitney U Test, also descriptive analysis of the qualitative data. The results of this research shows that there is an obvious difference between the experimental and control group in the gain score.

Keyword: pregnant, gymnastic, prenatal, care, anxiety, and, first, childbirth,

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