ABSTRACT

Zhahara, Cut afni. 2024. The Effectiveness of Providing Education Using Lecture and Demonstration Methods on Understanding the Use of Birth Balls in Pregnant Women at TPMB N Malang Regency. Thesis. Applied Undergraduate Study Program of Midwifery Malang, Poltekkes Kemenkes Malang. Main Supervisor: Tavip Dwi Wahyuni, S.Kep. Ns, M.Kes. Assistant Supervisor: Naimah, SKM, M.Kes.

During pregnancy, mothers often experience back pain, edema, and changes in posture that interfere with daily activities. Approximately 50-70% of pregnant women experience back pain due to hormonal changes and weight gain that put pressure on the spine and back muscles. Birth Ball helps increase pelvic floor muscle flexibility and improve posture. It is important to provide proper education about its use. This study aims to determine the effectiveness of providing educational methods of lectures and demonstrations on understanding the use of Birth Ball in pregnant women. The research design used was Pre-Experimental with a One Group Pre-test Post-test research design. The population of this study were all pregnant women in the third trimester, the sample used was 28 respondents using Purposive Sampling. The results of the study obtained an understanding of respondents before education of 0%, and after education of 96.43%. The results of the Wilcoxon signed rank test statistical test showed that the Z value = -4.873 means the p value <0.05, which means there is a significant difference between after treatment and before treatment. Therefore, it can be concluded that providing education regarding Birth Balls to pregnant women can increase their understanding of using Birth Balls.

Keywords: Birth Ball, Lecture, Demonstration, Education, Effectiveness, Pregnant Women, Understanding.