

DAFTAR PUSTAKA

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LAMPIRAN

Lampiran 1. Surat Izin Penelitian



PEMERINTAH PROVINSI SULAWESI SELATAN
DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU
 Jl. Bougenville No.5 Telp. (0411) 441077 Fax. (0411) 448936
 Website : <http://simap-new.sulselprov.go.id> Email : ptsp@sulselprov.go.id
 Makassar 90231

Nomor	: 3220/S.01/PTSP/2022	Kepada Yth.
Lampiran	: -	Direktur RSKDIA Pertiwi Makassar
Perihal	: <u>Izin penelitian</u>	

di-
Tempat

Berdasarkan surat Deka Fak. Keperawatan UNHAS Makassar Nomor : 3510/UN4.18.1/PT.01.04/2022 tanggal 14 Juni 2022 perihal tersebut diatas, mahasiswa/peneliti dibawah ini:

N a m a	: NURFADILAH
Nomor Pokok	: R021181507
Program Studi	: Fisioterapi
Pekerjaan/Lembaga	: Mahasiswa (S1)
Alamat	: Jl. P. Kemerdekaan Km. 10 Makassar



PROVINSI SULAWESI SELATAN

Bermaksud untuk melakukan penelitian di daerah/kantor saudara dalam rangka menyusun SKRIPSI, dengan judul :

" PENGARUH STABILIZING EXERCISE TERHADAP AKTIVITAS FUNGSIONAL PADA IBU HAMIL DENGAN PELVIC GIRDLE PAIN DI RUMAH SAKIT PERTIWI KOTA MAKASSAR "


Yang akan dilaksanakan dari : Tgl. **15 Juni s/d 15 Juli 2022**

Sehubungan dengan hal tersebut diatas, pada prinsipnya kami **menyetujui** kegiatan dimaksud dengan ketentuan yang tertera di belakang surat izin penelitian.

Demikian Surat Keterangan ini diberikan agar dipergunakan sebagaimana mestinya.

Diterbitkan di Makassar
Pada Tanggal 15 Juni 2022

A.n. **GUBERNUR SULAWESI SELATAN**
PLT. KEPALA DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU PROVINSI SULAWESI SELATAN




Dra. Hj SUKARNIATY KONDOLELE, M.M.
 Pangkat : PEMBINA UTAMA MADYA
 Nip : 19650606 199003 2 011

Tembusan Yth

1. Deka Fak. Keperawatan UNHAS Makassar di Makassar;
2. *Pertinggal.*

Lampiran 2. Surat Telah Menyelesaikan Penelitian


PEMERINTAH PROVINSI SULAWESI SELATAN
DINAS KESEHATAN
UPT RUMAH SAKIT KHUSUS DAERAH IBU DAN ANAK PERTIWI
Jalan Jend. Sudirman No. 14 Telepon (0411) 3616134 Fax. 3612242
MAKASSAR 90113


SURAT KETERANGAN
Nomor : 420/191/RSKDP.1/VII/2022

Pt. Direktur Rumah Sakit Khusus Ibu dan Anak Pertiwi Provinsi Sulawesi Selatan menerangkan bahwa :

Nama : Nurfadilah
NIM : R021181507
Program Studi : S-1 Fisioterapi
Kampus : Universitas Hasanuddin

Telah melaksanakan penelitian selama 1 (satu) bulan pada tanggal 30 Mei s/d 02 Juli 2022 di Rumah Sakit Khusus Daerah Ibu dan Anak Pertiwi dengan judul *"Pengaruh Stabilizing Exercise Terhadap Aktifitas Fungsional pada Ibu Hamil dengan Pelvic Girdle Pain (PGP) di Rumah Sakit Ibu dan Anak Pertiwi Kota Makassar"*.
Demikian Surat Keterangan ini dibuat untuk dipergunakan seperlunya.

Makassar, 15 Juli 2022

Pit. DIREKTUR,

drg. Anel Rukwati Ningsih, M.Kes
Pangkat : Pembina Tk.I
NIP. : 19691026 200502 2 002

Lampiran 3. Surat Persetujuan Etik Peneliti



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN
RISET, DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
FAKULTAS KESEHATAN MASYARAKAT

Jln. Perintis Kemerdekaan Km. 10 Makassar 90245, Telp. (0411) 585658,
E-mail : fkunhas@gmail.com, website: <https://fkunhas.ac.id/>

REKOMENDASI PERSETUJUAN ETIK

Nomor : 7080/UN4.14.1/TP.01.02/2022

Tanggal : 28 Juni 2022

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No. Protokol	21622091142	No. Sponsor Protokol	
Peneliti Utama	Nurfadilah	Sponsor	Pribadi
Judul Peneliti	Pengaruh <i>Stabilizing Exercise</i> Terhadap Aktivitas Fungsional pada Ibu Hamil yang Mengalami <i>Pelvic Girdle Pain</i> di Rumah Sakit Pertiwi Kota Makassar		
No. Versi Protokol	1	Tanggal Versi	21 Juni 2022
No. Versi PSP	1	Tanggal Versi	21 Juni 2022
Tempat Penelitian	Rumah Sakit Ibu dan Anak Pertiwi Makassar		
Judul Review	<input checked="" type="checkbox"/> Exempted <input type="checkbox"/> Expedited <input type="checkbox"/> Fullboard	Masa Berlaku 28 Juni 2022 Sampai 28 Juni 2023	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian	Nama : Prof.dr.Veni Hadju,M.Sc,Ph.D	Tanda tangan 	Tanggal 28 Juni 2022
Sekretaris komisi Etik Penelitian	Nama : Dr. Wahiduddin, SKM.,M.Kes	Tanda tangan 	Tanggal 28 Juni 2022

Kewajiban Peneliti Utama :

1. Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
2. Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
3. Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
4. Menyerahkan laporan akhir setelah Penelitian berakhir
5. Melaporkan penyimpangan dari protocol yang disetujui (protocol deviation/violation)
6. Mematuhi semua peraturan yang ditentukan



Lampiran 4. Informed Consent

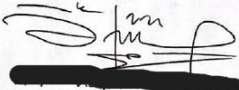
LAMPIRAN
Lampiran 4. Informed Consent
Informed Consent

Yang bertanda tangan di bawah ini :

Nama : [REDACTED]
Umur : 27 thn
Jenis kelamin : PEREMPUAN

Setelah mendapatkan penjelasan dari peneliti terkait pemeriksaan yang akan diberikan, saya bersedia menjadi responden penelitian yang berjudul "Pengaruh *Stabilizing Exercise* terhadap Aktivitas Fungsional pada Ibu Hamil dengan *Pelvic Girdle Pain*" yang akan dilakukan oleh Nurfadilah (R021181507) mahasiswa Program Studi S1 Fisioterapi, Fakultas Keperawatan, Universitas Hasanuddin, Makassar.

Demikian lembar persetujuan ini dibuat dengan penuh kesadaran dan tanpa dipaksa dari pihak lain, untuk dipergunakan sebagaimana mestinya.

Makassar, 2022
Yang menyatakan

[REDACTED]
Nama Responden

Penanggung Jawab Penelitian :

Nama : Nurfadilah
Alamat : Perumahan Saumata Indah Blok M No.2, Romang
Polong, Gowa
Tlp/HP : 082153557210
Email : nurfadilahkadir21@gmail.com

Universitas Hasanuddin

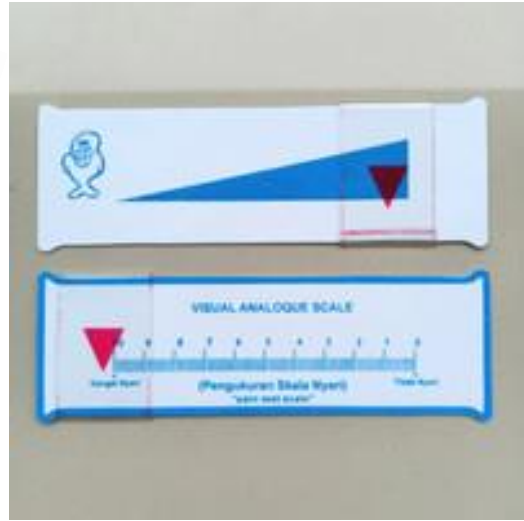
Lampiran 5. Instrumen Penelitian

Pelvic Girdle Questionnaire

Name: XXXXXXXXXX Date: 30 Juni 2022

To what extent do you find it problematic to carry out the activities listed below because of pelvic girdle pain? For each activity tick the box that best describes how you are today. If any are not applicable, please write this in the appropriate row.

How problematic is it for you because of your pelvic girdle pain to:	Not at all (0)	To a small extent (1)	To some extent (2)	To a large extent (3)
1. Dress yourself	<input checked="" type="checkbox"/>			
2. Stand for less than 10 minutes	<input checked="" type="checkbox"/>			
3. Stand for more than 60 minutes		<input checked="" type="checkbox"/>		
4. Bend down	<input checked="" type="checkbox"/>			
5. Sit for less than 10 minutes		<input checked="" type="checkbox"/>		
6. Sit for more than 60 minutes				
7. Walk for less than 10 minutes	<input checked="" type="checkbox"/>			
8. Walk for more than 60 minutes	<input checked="" type="checkbox"/>			
9. Climb stairs		<input checked="" type="checkbox"/>		
10. Do housework		<input checked="" type="checkbox"/>		
11. Carry light objects	<input checked="" type="checkbox"/>			
12. Carry heavy objects		<input checked="" type="checkbox"/>		
13. Get up / sit down	<input checked="" type="checkbox"/>			
14. Pushing a shopping trolley			<input checked="" type="checkbox"/>	
15. Run	<input checked="" type="checkbox"/>			
16. Carry out sporting activities	<input checked="" type="checkbox"/>			
17. Lie down	<input checked="" type="checkbox"/>			
18. Roll over in bed	<input checked="" type="checkbox"/>			
19. Have a normal sex life		<input checked="" type="checkbox"/>		
20. Push something with one foot	<input checked="" type="checkbox"/>			
How much pain do you experience:	None	Some	Moderate	Considerable
21. In the morning	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
22. In the evening	<input checked="" type="checkbox"/>			
To what extent due to your pelvic girdle pain:	Not at all	To a small extent	To some extent	To a large extent
23. Has your leg/ have your legs given way?	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
24. Do you do things more slowly?	<input checked="" type="checkbox"/>			
25. Is your sleep interrupted?	<input checked="" type="checkbox"/>			



Lampiran 6. Form Responden

Lampiran 2. Form Kuesioner Responden

Form Kuesioner Responden

1. Identitas Umum Responden

Nama : ██████████
 Usia Ibu : 32 tahun
 Alamat : Ustara Selatan
 Pekerjaan : IPT
 No. Telp/WA : ██████████
 Usia Kehamilan : 8 bulan
 Berat Badan (sebelum dan saat hamil) : 65,75
 IMT $\frac{\text{Berat Badan (kg)}}{\text{Tinggi Badan (m)}^2}$: $\frac{75}{(151)^2} = 32,6$

2. Riwayat GPA

Gravida	Paritas	Abortus
3	3	0

3. Apakah Ibu mengalami nyeri di daerah panggul? Ya
4. Apakah Ibu mengalami nyeri pinggang? tidak
5. Apakah ada riwayat operasi caesar? tidak
6. Apakah ada riwayat operasi perut (selain caesar)? tidak
7. Apakah ada riwayat operasi panggul dan tulang belakang? tidak
8. Apakah Ibu memiliki riwayat penyakit jantung dan/atau penyakit pernafasan? tidak
9. Apakah Ibu melakukan senam hamil, senam nifas, yoga, dan sebagainya? tidak
- a. Jika "Ya," apakah Ibu rutin melakukannya? -
- b. Berapa kali dalam seminggu Ibu melakukan latihan tersebut? -

Lampiran 7. Hasil Uji SPSS

A. Karakteristik Responden

		Usia			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Remaja Akhir	3	25.0	25.0	25.0
	Dewasa Awal	6	50.0	50.0	75.0
	Dewasa Akhir	3	25.0	25.0	100.0
	Total	12	100.0	100.0	

		Usia Kehamilan			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	5	4	33.3	33.3	33.3
	6	4	33.3	33.3	66.7
	7	1	8.3	8.3	75.0
	8	3	25.0	25.0	100.0
	Total	12	100.0	100.0	

		Gravida			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primigravida	4	33.3	33.3	33.3
	Multigravida	8	66.7	66.7	100.0
	Total	12	100.0	100.0	

		IMT			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Berat badan kurang	1	8.3	8.3	8.3
	Berat badan normal	2	16.7	16.7	25.0
	Kelebihan berat badan	3	25.0	25.0	50.0
	Obesitas I	4	33.3	33.3	83.3
	Obesitas II	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

B. Distribusi Aktivitas Fungsional pada Saat *Pre-Test*

Dress yourself

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Stand < 10min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	75.0	75.0	75.0
	To a small extent	2	16.7	16.7	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Stand > 60 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	8	66.7	66.7	66.7
	To some extent	4	33.3	33.3	100.0
	Total	12	100.0	100.0	

Bend down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	8.3	8.3	8.3
	To a small extent	9	75.0	75.0	83.3
	To some extent	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

Sit < 10 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	83.3	83.3	83.3
	To a small extent	1	8.3	8.3	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Sit > 60 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	7	58.3	58.3	58.3
	To some extent	4	33.3	33.3	91.7
	To large extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Walk < 10 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	83.3	83.3	83.3
	To a small extent	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

Walk > 60 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	33.3	33.3	33.3
	To a small extent	4	33.3	33.3	66.7
	To some extent	4	33.3	33.3	100.0
	Total	12	100.0	100.0	

Climb stairs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	7	58.3	58.3	58.3
	To some extent	5	41.7	41.7	100.0
	Total	12	100.0	100.0	

Do housework

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	8.3	8.3	8.3
	To a small extent	11	91.7	91.7	100.0
	Total	12	100.0	100.0	

Carry light objects

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Carry heavy objects

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	8.3	8.3	8.3
	To a small extent	10	83.3	83.3	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Get up/sit down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	3	25.0	25.0	25.0
	To some extent	8	66.7	66.7	91.7
	To large extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Pushing a shopping trolley

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Run

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	1	8.3	8.3	8.3
	To some extent	11	91.7	91.7	100.0
	Total	12	100.0	100.0	

Carry out sporting activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	9	75.0	75.0	75.0
	To a small extent	3	25.0	25.0	100.0
	Total	12	100.0	100.0	

Lie down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Roll over in bed

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Have a normal sex life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	12	100.0	100.0	100.0

Push something with one foot

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Morning pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	3	25.0	25.0	25.0
	To a small extent	8	66.7	66.7	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Evening pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	33.3	33.3	33.3
	To a small extent	3	25.0	25.0	58.3
	To some extent	5	41.7	41.7	100.0
	Total	12	100.0	100.0	

Leg(s) giving way

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Moving more slowly

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	8.3	8.3	8.3
	To a small extent	9	75.0	75.0	83.3
	To some extent	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

Sleep disturbances

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	3	25.0	25.0	25.0
	To a small extent	4	33.3	33.3	58.3
	To some extent	5	41.7	41.7	100.0
	Total	12	100.0	100.0	

C. Distribusi Aktivitas Fungsional pada Saat *Post-Test***Dress yourself**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Stand < 10min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	10	83.3	83.3	83.3
	To a small extent	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

Stand > 60 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	16.7	16.7	16.7
	To a small extent	7	58.3	58.3	75.0
	To some extent	3	25.0	25.0	100.0
	Total	12	100.0	100.0	

Bend down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	8.3	8.3	8.3
	To a small extent	10	83.3	83.3	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Sit < 10 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Sit > 60 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	16.7	16.7	16.7
	To a small extent	8	66.7	66.7	83.3
	To some extent	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

Walk < 10 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Walk > 60 min

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	58.3	58.3	58.3
	To a small extent	4	33.3	33.3	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Climb stairs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	1	8.3	8.3	8.3
	To a small extent	10	83.3	83.3	91.7
	To some extent	1	8.3	8.3	100.0
Total		12	100.0	100.0	

Do housework

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	6	50.0	50.0	50.0
	To a small extent	6	50.0	50.0	100.0
	Total	12	100.0	100.0	

Carry light objects

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Carry heavy objects

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	6	50.0	50.0	50.0
	To a small extent	6	50.0	50.0	100.0
	Total	12	100.0	100.0	

Get up/sit down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	2	16.7	16.7	16.7
	To a small extent	8	66.7	66.7	83.3
	To some extent	2	16.7	16.7	100.0
	Total	12	100.0	100.0	

Pushing a shopping trolley

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Run

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	5	41.7	41.7	41.7
	To some extent	7	58.3	58.3	100.0
	Total	12	100.0	100.0	

Carry out sporting activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	11	91.7	91.7	91.7
	To a small extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Lie down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Roll over in bed

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Have a normal sex life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	To a small extent	12	100.0	100.0	100.0

Push something with one foot

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Morning pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	5	41.7	41.7	41.7
	To a small extent	7	58.3	58.3	100.0
	Total	12	100.0	100.0	

Evening pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	7	58.3	58.3	58.3
	To a small extent	4	33.3	33.3	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Leg(s) giving way

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	12	100.0	100.0	100.0

Moving more slowly

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	4	33.3	33.3	33.3
	To a small extent	7	58.3	58.3	91.7
	To some extent	1	8.3	8.3	100.0
	Total	12	100.0	100.0	

Sleep disturbances

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all	6	50.0	50.0	50.0
	To a small extent	6	50.0	50.0	100.0
	Total	12	100.0	100.0	

D. Uji Normalitas Data Kolmogorov-Smirnov & Shapiro Wilk**Tests of Normality**

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	.173	12	.200*	.923	12	.309
Posttest	.244	12	.047	.897	12	.146

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

E. Uji Korelasi Paired Sample Test**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest	18.08	12	5.583	1.612
	Posttest	12.08	12	5.035	1.454

Lampiran 8. Dokumentasi Penelitian

1. *Pre-test*



2. *Pemberian Stabilizing Exercise*





3. *Post-test*



Lampiran 9. Riwayat Peneliti

BIODATA

Nama : Nurfadilah
 Tempat/Tanggal Lahir : Sesulu, 21 Februari 2000
 Jenis Kelamin : Perempuan
 Agama : Islam
 Email : nurfadilahkadir21@gmail.com
 Alamat Asal : Kabupaten Penajam Paser Utara, Kalimantan Timur
 Alamat Sekarang : Perumahan Saumata Indah, Gowa
 Nama Ayah : Drs. Abdul Kadir, S.Pd., M.Pd.
 Nama Ibu : Tasmiah, S.Ag.

**Riwayat Pendidikan**

Program Studi S1 Fisioterapi Universitas Hasanuddin	Tahun 2018-sekarang
SMAS Ummul Mukminin	Tahun 2015-2018
SMPN 4 Penajam Paser Utara	Tahun 2012-2015
SDN 001 Waru	Tahun 2006-2012
TK Ibnu Sina	Tahun 2004-2006

Riwayat Organisasi

Ketua Dewan Permusyawaratan Mahasiswa Himafisio F. Kep-UH	Periode 2021-2021
Sekretaris Dewan Permusyawaratan Mahasiswa Himafisio F. Kep-UH	Periode 2020-2021
Anggota Dewan Permusyawaratan Mahasiswa Himafisio F. Kep-UH	Periode 2019-2020

Pengaruh *Stabilizing Exercise* terhadap Aktivitas Fungsional pada Ibu Hamil yang Mengalami *Pelvic Girdle Pain* Di Rumah Sakit Pertiwi Kota Makassar

The Effect of Stabilizing Exercise on Functional Activities in Pregnant Woman who Experience Pelvic Girdle Pain at Pertiwi Hospital in Makassar City

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ABSTRAK

Masa kehamilan adalah fase kehidupan alamiah pada wanita yang berlangsung sekitar 9 bulan 10 hari. Transisi fisiologis tubuh yang terjadi selama masa kehamilan sebagai dampak dari perubahan hormon yang terjadi selama kehamilan. Perubahan ini mengakibatkan peregangan pada simpisis pubis dan sendi sakroiliaka sehingga menyebabkan pelvic girdle pain. PGP ini dapat menurunkan kemampuan fungsional ibu hamil sehingga mempengaruhi aktivitas kehidupan sehari-hari. *Stabilizing exercise* yang terdiri dari *pelvic tilt*, *kegel exercise*, *forward bending* dan *leg lift crawl* sebagai latihan yang digunakan untuk meningkatkan kemampuan fungsional. Penelitian ini bertujuan untuk mengetahui pemberian stabilizing exercise terhadap aktivitas fungsional pada ibu hamil yang mengalami pelvic girdle pain di Rumah Sakit Pertiwi Kota Makassar. Penelitian ini merupakan penelitian pre-experimental design dengan metode one-group pre-test post-test design. Pengambilan sampel menggunakan teknik purposive sampling dengan jumlah sampel yaitu 12 ibu dalam periode kehamilan 15 minggu – 36 minggu yang mengalami pelvic girdle pain. Pengambilan data penelitian ini menggunakan pelvic girdle questionnaire untuk mengetahui nilai keterbatasan pada setiap aktivitas fungsional. Berdasarkan hasil analisis uji hipotesis paired sample test didapatkan nilai signifikan $p < 0.001$ ($p < 0.05$) dan $p = 0.001$ ($p < 0.05$) sehingga terdapat pengaruh stabilizing exercise terhadap aktivitas fungsional pada ibu hamil setelah pemberian 12 kali latihan.

Kata kunci: Kehamilan, *Pelvic Girdle Pain*, Aktivitas Fungsional, *Stabilizing Exercise*

ABSTRACT

Pregnancy is a natural phase of life for women which lasts about 9 months and 10 days. The body's physiological transitions that occur during pregnancy as a result of hormonal changes that occur during pregnancy. These changes result in stretching of the pubic symphysis and sacroiliac joints causing pelvic girdle pain. PGP can reduce the functional ability of pregnant women so that it affects the activities of daily life. *Stabilizing exercise* which consists of *pelvic tilt*, *kegel exercise*, *forward bending* and *leg lift crawl* as exercises used to improve functional ability. This study aims to determine the effect of stabilizing exercise on functional activities in pregnant women who experience pelvic girdle pain at the Pertiwi Hospital in Makassar City. This research is a pre-experimental design research with one-group pre-test post-test design method. Sampling using purposive sampling technique with a sample size of 12 mothers in the pregnancy period 15 weeks - 36 weeks who experienced pelvic girdle pain. Data collection in this study used a pelvic girdle questionnaire to determine the value of limitations in each functional activity. Based on the results of the analysis of the paired sample test hypothesis, there were significant values of $p < 0.001$ ($p < 0.05$) and $p = 0.001$ ($p < 0.05$) so that there was an effect of stabilizing exercise on functional activity in pregnant women after 12 times of exercise.

Keyword: Pregnancy, *Pelvic Girdle Pain*, Functional Activity, *Stabilizing Exercise*