

## DAFTAR ISI

|                                                 |                                     |
|-------------------------------------------------|-------------------------------------|
| <b>HALAMAN PERSEMBAHAN.....</b>                 | <b>Error! Bookmark not defined.</b> |
| <b>HALAMAN PENGESAHAN.....</b>                  | <b>Error! Bookmark not defined.</b> |
| <b>HALAMAN PENGUJIAN .....</b>                  | <b>Error! Bookmark not defined.</b> |
| <b>PERNYATAAN.....</b>                          | <b>Error! Bookmark not defined.</b> |
| <b>PERSETUJUAN.....</b>                         | <b>Error! Bookmark not defined.</b> |
| <b>KATA PENGANTAR.....</b>                      | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR ISI.....</b>                          | <b>1</b>                            |
| <b>DAFTAR GAMBAR.....</b>                       | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR TABEL.....</b>                        | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR BAGAN.....</b>                        | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR SINGKATAN.....</b>                    | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR LAMPIRAN .....</b>                    | <b>Error! Bookmark not defined.</b> |
| <b>ABSTRAK .....</b>                            | <b>Error! Bookmark not defined.</b> |
| <b>ABSTRACT .....</b>                           | <b>Error! Bookmark not defined.</b> |
| <br>                                            |                                     |
| <b>BAB I PENDAHULUAN.....</b>                   | <b>Error! Bookmark not defined.</b> |
| 1.1 Latar Belakang.....                         | <b>Error! Bookmark not defined.</b> |
| 1.2 Rumusan Masalah .....                       | <b>Error! Bookmark not defined.</b> |
| 1.3 Tujuan Penelitian.....                      | <b>Error! Bookmark not defined.</b> |
| 1.3.1 Tujuan Umum.....                          | <b>Error! Bookmark not defined.</b> |
| 1.3.2 Tujuan Khusus .....                       | <b>Error! Bookmark not defined.</b> |
| 1.4 Manfaat penulisan.....                      | <b>Error! Bookmark not defined.</b> |
| 1.4.1 Penulis .....                             | <b>Error! Bookmark not defined.</b> |
| 1.4.2 Institusi Pendidikan.....                 | <b>Error! Bookmark not defined.</b> |
| 1.4.3 Klien.....                                | <b>Error! Bookmark not defined.</b> |
| 1.4.4 Tempat Penelitian.....                    | <b>Error! Bookmark not defined.</b> |
| <br>                                            |                                     |
| <b>BAB II TINJAUAN PUSTAKA.....</b>             | <b>Error! Bookmark not defined.</b> |
| 2.1 Pengetahuan .....                           | <b>Error! Bookmark not defined.</b> |
| 2.1.1 Pengertian Pengetahuan.....               | <b>Error! Bookmark not defined.</b> |
| 2.1.2 Faktor Yang Mempengaruhi Pengetahuan..... | <b>Error! Bookmark not defined.</b> |

|       |                                                                    |                              |
|-------|--------------------------------------------------------------------|------------------------------|
| 2.1.3 | Tingkatan Pengetahuan.....                                         | Error! Bookmark not defined. |
| 2.1.4 | Proses Penyerapan Pengetahuan..                                    | Error! Bookmark not defined. |
| 2.2   | Kehamilan .....                                                    | Error! Bookmark not defined. |
| 2.2.1 | Pengertian Kehamilan.....                                          | Error! Bookmark not defined. |
| 2.2.2 | Perubahan Anatomi dan Fisiologi Pada Wanita Hamil....              | Error! Bookmark not defined. |
| 2.3   | Senam Hamil .....                                                  | Error! Bookmark not defined. |
| 2.3.1 | Pengertian Senam Hamil .....                                       | Error! Bookmark not defined. |
| 2.3.2 | Tujuan Senam Hamil .....                                           | Error! Bookmark not defined. |
| 2.3.3 | Manfaat Senam Hamil .....                                          | Error! Bookmark not defined. |
| 2.3.4 | Keuntungan Senam Hamil.....                                        | Error! Bookmark not defined. |
| 2.3.5 | Hal Yang Harus Diperhatikan Saat Berolahraga Selama Kehamilan..... | Error! Bookmark not defined. |
| 2.3.6 | Syarat Untuk Melakukan Senam Hamil                                 | Error! Bookmark not defined. |
| 2.3.7 | Gerakan – Gerakan Senam Hamil                                      | Error! Bookmark not defined. |
| 2.4   | Karakteristik Ibu .....                                            | Error! Bookmark not defined. |
| 2.4.1 | Usia .....                                                         | Error! Bookmark not defined. |
| 2.4.2 | Pendidikan.....                                                    | Error! Bookmark not defined. |
| 2.4.3 | Paritas .....                                                      | Error! Bookmark not defined. |
| 2.4.4 | Pekerjaan .....                                                    | Error! Bookmark not defined. |

### **BAB III METODE PENELITIAN .....**Error! Bookmark not defined.

|        |                                           |                              |
|--------|-------------------------------------------|------------------------------|
| 3.1    | Jenis dan Metode Penelitian.....          | Error! Bookmark not defined. |
| 3.1.1  | Jenis Penelitian .....                    | Error! Bookmark not defined. |
| 3.1.2  | Metode Penelitian.....                    | Error! Bookmark not defined. |
| 3.2    | Waktu dan Tempat Penelitian .....         | Error! Bookmark not defined. |
| 3.2.1. | Waktu.....                                | Error! Bookmark not defined. |
| 3.2.2. | Tempat Penelitian.....                    | Error! Bookmark not defined. |
| 3.3    | Populasi dan Sampel .....                 | Error! Bookmark not defined. |
| 3.3.1  | Populasi .....                            | Error! Bookmark not defined. |
| 3.3.2  | Sampel .....                              | Error! Bookmark not defined. |
| 3.4    | Variabel Penelitian .....                 | Error! Bookmark not defined. |
| 3.4.1  | Variabel Bebas ( <i>Independen</i> )..... | Error! Bookmark not defined. |
| 3.4.2  | Variabel Terikat ( <i>Dependen</i> )..... | Error! Bookmark not defined. |

|               |                                                                                                                                                                              |                                         |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 3.5           | Kerangka Pemikiran.....                                                                                                                                                      | <b>Error! Bookmark not defined.</b>     |
| 3.6           | Kerangka Konsep.....                                                                                                                                                         | <b>Error! Bookmark not defined.</b>     |
| 3.7           | Definisi Operasional.....                                                                                                                                                    | <b>Error! Bookmark not defined.</b>     |
| 3.8           | Teknik Pengumpulan Data .....                                                                                                                                                | <b>Error! Bookmark not defined.</b>     |
| 3.9           | Validitas dan Reliabilitas.....                                                                                                                                              | <b>Error! Bookmark not defined.</b>     |
| 3.9.1         | Validitas.....                                                                                                                                                               | <b>Error! Bookmark not defined.</b>     |
| 3.9.2         | Reliabilitas.....                                                                                                                                                            | <b>Error! Bookmark not defined.</b>     |
| 3.10          | Pengolahan dan Analisa Data.....                                                                                                                                             | <b>Error! Bookmark not defined.</b>     |
| 3.10.1        | Pengolahan Data .....                                                                                                                                                        | <b>Error! Bookmark not defined.</b>     |
| 3.10.2        | Analisa Data .....                                                                                                                                                           | <b>Error! Bookmark not defined.</b>     |
| 3.10.3        | Matriks Jadwal Penelitian .....                                                                                                                                              | <b>Error! Bookmark not defined.</b>     |
| <b>BAB IV</b> | <b>HASIL DAN PEMBAHASAN.....</b>                                                                                                                                             | <b>Error! Bookmark not defined.</b>     |
| 4.1           | Hasil Penelitian.....                                                                                                                                                        | <b>Error! Bookmark not defined.</b>     |
| 4.1.1         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil di<br>Praktik Mandiri Bidan Hj L Kecamatan Tambakdahan<br>Kabupaten Subang Tahun 2024...                                  | <b>Error! Bookmark not defined.</b>     |
| 4.1.2         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil<br>Berdasarkan Usia Ibu di Praktik Mandiri Bidan Hj L Kecamatan<br>Tambakdahan Kabupaten Subang Tahun 2024.....           | <b>Error!<br/>Bookmark not defined.</b> |
| 4.1.3         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil<br>Berdasarkan Paritas Ibu di Praktik Mandiri Bidan Hj L<br>Kecamatan Tambakdahan Kabupaten Subang Tahun 2024<br>.....    | <b>Error! Bookmark not defined.</b>     |
| 4.1.4         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil<br>Berdasarkan Pendidikan Ibu di Praktik Mandiri Bidan Hj L<br>Kecamatan Tambakdahan Kabupaten Subang Tahun 2024<br>..... | <b>Error! Bookmark not defined.</b>     |
| 4.2           | Pembahasan.....                                                                                                                                                              | <b>Error! Bookmark not defined.</b>     |
| 4.2.1         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil di<br>Praktik Mandiri Bidan Hj L Kecamatan Tambakdahan<br>Kabupaten Subang Tahun 2024...                                  | <b>Error! Bookmark not defined.</b>     |
| 4.2.2         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil<br>Berdasarkan Usia di Praktik Mandiri Bidan Hj L Kecamatan<br>Tambakdahan Kabupaten Subang Tahun 2024.....               | <b>Error!<br/>Bookmark not defined.</b> |
| 4.2.3         | Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil<br>Berdasarkan Paritas di Praktik Mandiri Bidan Hj L Kecamatan                                                            |                                         |

|                                                                                                                                                                       |                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Tambakdahan Kabupaten Subang Tahun 2024.....                                                                                                                          | <b>Error! Bookmark not defined.</b> |
| 4.2.4 Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil Berdasarkan Pendidikan di Praktik Mandiri Bidan Hj L Kecamatan Tambakdahan Kabupaten Subang Tahun 2024 ..... | <b>Error! Bookmark not defined.</b> |
| 4.2.5 Gambaran Pengetahuan Ibu Hamil Tentang Senam Hamil Berdasarkan Pekerjaan di Praktik Mandiri Bidan Hj L Kecamatan Tambakdahan Kabupaten Subang Tahun 2024 .....  | <b>Error! Bookmark not defined.</b> |
| <b>BAB V SIMPULAN DAN SARAN.....</b>                                                                                                                                  | <b>Error! Bookmark not defined.</b> |
| 5.1 Simpulan.....                                                                                                                                                     | <b>Error! Bookmark not defined.</b> |
| 5.2 Saran .....                                                                                                                                                       | <b>Error! Bookmark not defined.</b> |
| 5.2.1 Bagi Penulis .....                                                                                                                                              | <b>Error! Bookmark not defined.</b> |
| 5.2.2 Bagi Institusi Pendidikan.....                                                                                                                                  | <b>Error! Bookmark not defined.</b> |
| 5.2.3 Bagi Klien .....                                                                                                                                                | <b>Error! Bookmark not defined.</b> |
| 5.2.4 Bagi Tempat Penelitian.....                                                                                                                                     | <b>Error! Bookmark not defined.</b> |
| <b>DAFTAR PUSTAKA.....</b>                                                                                                                                            | <b>Error! Bookmark not defined.</b> |
| <b>LAMPIRAN.....</b>                                                                                                                                                  | <b>Error! Bookmark not defined.</b> |