

THE EFFECT OF PHYSICAL ACTIVITY AND ANXIETY LEVEL OF TRIMESTER III MOTHERS ON INFANT'S BIRTH BODY WEIGHT

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ABSTRACT

Introduction: One of the causes of infant death in Indonesia is complications from baby's birth weight, this complication can be prevented and managed to reduce infant mortality rate. The aims of the research were to determine (1) the types of physical activities, anxiety levels, and cortisol level of trimester III pregnant women, (2) the effect of physical activity on infants' birth body weight, (3) the effect of anxiety and cortisol levels on infants' birth body weight, (4) the effect of anxiety on cortisol level. **Methods:** The research was a longitudinal study conducted in RSKDIA Siti Fatimah, Makassar. The subjects were trimester pregnant women selected using purposive sampling technique consisting of 55 people. The data were analyzed using chi-square test. **Results:** The results of the research indicate that the respondents who did light-mild physical activities were 35 people (63.6%) generally gave birth to normal birth body weight, while ones who did strenuous activity were 20 people (36.4%) gave birth to low birth weight (LBW) infants. Respondents with light-mild anxiety consisting of 35 people (63.6%) generally gave birth to normal infants, while the ones with severe anxiety consisting of 20 people (36.4%) gave birth to LBW infants. Meanwhile, respondents with normal cortisol level gave birth to normal birth body weight infants, i.e. 35 people (63.6%), while the ones with high cortisol level consisting of 20 people (36.4%) gave birth to LBW infants. **Conclusion:** Based on the results, there was an effect of physical activities, anxiety levels, and cortisol level on infants' birth body weight ($p=0.000$).

Keywords: physical activity, anxiety levels, cortisol, infants' birth body weight

PENGARUH AKTIVITAS FISIK DAN TINGKAT KECEMASAN TERHADAP BERAT BADAN LAHIR BAYI PADA IBU HAMIL TRIMESTER III

ABSTRAK

Pendahuluan: Salah satu penyebab kematian bayi di Indonesia adalah komplikasi dari berat badan lahir bayi, komplikasi ini dapat dicegah dan ditangani untuk mengurangi angka kematian bayi. Penelitian ini bertujuan mengetahui (1) jenis aktivitas fisik, tingkat kecemasan, dan kadar kortisol ibu hamil trimester III; (2) pengaruh aktivitas fisik terhadap berat badan lahir bayi; (3)