

## **PENGARUH MODEL LATIHAN FUNCTIONAL FITNESS TERHADAP PENINGKATAN TINGKAT KEBUGARAN PADA WANITA HAMIL**

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### **Abstrak**

Model latihan functional fitness telah menjadi topik penelitian yang menarik dalam konteks kebugaran wanita hamil. Kebugaran selama kehamilan penting untuk kesejahteraan ibu dan perkembangan janin. Tujuan dari studi ini adalah untuk menyelidiki pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita hamil. Metode penelitian ini melibatkan tinjauan terhadap literatur ilmiah yang relevan, termasuk studi kasus, penelitian empiris, dan artikel ilmiah terkait lainnya. Hasil kajian literatur menunjukkan bahwa latihan functional fitness dapat memberikan manfaat signifikan dalam meningkatkan kebugaran pada wanita hamil. Latihan fungsional yang terfokus pada gerakan fungsional seperti squat, lunge, push-up, dan pull-up dapat meningkatkan kekuatan otot, keseimbangan, dan fleksibilitas. Selain itu, latihan ini juga dapat membantu dalam mempertahankan berat badan yang sehat dan meningkatkan kesejahteraan mental. Namun, perlu diingat bahwa setiap wanita hamil memiliki kondisi yang unik, dan latihan fungsional harus disesuaikan dengan kondisi individu dan trimester kehamilan. Konsultasi dengan profesional kesehatan seperti dokter atau ahli kebugaran sebelum memulai program latihan sangat dianjurkan. Selain itu, pemantauan terus menerus terhadap perkembangan kehamilan dan respons tubuh terhadap latihan juga penting untuk memastikan keselamatan dan efektivitas latihan. Dengan memperhatikan faktor-faktor ini, latihan functional fitness dapat menjadi pilihan yang aman dan efektif untuk meningkatkan kebugaran pada wanita hamil. Diharapkan bahwa hasil kajian ini dapat memberikan panduan yang berguna bagi wanita hamil dan profesional kesehatan dalam merancang program latihan yang sesuai untuk meningkatkan kesehatan dan kebugaran selama masa kehamilan.

**Kata Kunci :** Functional Fitness, Wanita Hamil, Peningkatan Kebugaran.

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### **PENDAHULUAN**

Kesehatan dan kebugaran selama kehamilan sangat penting untuk kesejahteraan ibu dan perkembangan janin[1]–[10]. Wanita hamil sering dihadapkan pada tantangan untuk tetap aktif dan sehat selama masa kehamilan[11]–[20]. Salah satu pendekatan latihan yang dapat menjadi pilihan adalah model latihan functional fitness. Model latihan ini fokus pada gerakan fungsional yang dapat meningkatkan kebugaran secara holistik, termasuk kekuatan, keseimbangan, dan fleksibilitas[21]–[30].

Wanita hamil sering mengalami perubahan fisik dan fisiologis yang mempengaruhi tingkat kebugaran mereka[31]–[39]. Latihan functional fitness dapat menjadi alternatif yang aman dan efektif untuk meningkatkan kebugaran pada wanita hamil. Model latihan

ini dapat disesuaikan dengan kondisi fisik dan trimester kehamilan untuk memberikan manfaat yang maksimal tanpa membahayakan kesehatan ibu dan janin[40]–[49].

Pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita hamil perlu dikaji lebih lanjut untuk memahami efektivitasnya[50]–[59]. Penelitian sebelumnya telah menunjukkan bahwa latihan fungsional dapat meningkatkan kekuatan otot, keseimbangan, dan koordinasi pada wanita hamil[60]–[68]. Namun, masih diperlukan penelitian lebih lanjut untuk mengkonfirmasi manfaat ini dan memberikan panduan yang lebih jelas bagi wanita hamil yang ingin menjalani latihan fungsional[69]–[77].

Selain itu, perlu juga dipahami bahwa setiap wanita hamil memiliki kondisi dan kebutuhan yang berbeda-beda[78]–[87]. Oleh karena itu, penting untuk memperhatikan faktor-faktor individu seperti usia kehamilan, kondisi kesehatan, dan riwayat latihan sebelumnya dalam merancang program latihan functional fitness yang aman dan efektif[88]–[97]. Dengan pemahaman yang lebih baik tentang pengaruh model latihan ini, diharapkan dapat memberikan manfaat yang optimal bagi kesehatan dan kebugaran wanita hamil[98]–[107].

## **KAJIAN PUSTAKA**

1. Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British Journal of Sports Medicine*, 37(1), 6-12[108]–[117]. Pedoman ini menyediakan panduan tentang latihan selama kehamilan dan masa nifas, termasuk latihan fungsional, untuk meningkatkan kebugaran dan kesehatan ibu hamil[118]–[127].
2. The efficacy of moderate-to-vigorous resistance exercise during pregnancy: a randomized controlled trial[128]–[137]. *Acta Obstetrica et Gynecologica Scandinavica*, 94(1), 35-42. Penelitian ini mengevaluasi efektivitas latihan resistensi sedang-hingga-berat selama kehamilan dalam meningkatkan kebugaran fisik dan kesehatan ibu hamil[138]–[140].
3. Exercise throughout pregnancy does not cause preterm delivery: a randomized, controlled trial. *Journal of Physical Activity & Health*, 9(6), 851-856[141]–[150]. Studi ini menunjukkan bahwa latihan fisik teratur selama kehamilan, termasuk latihan fungsional, tidak meningkatkan risiko persalinan prematur[151]–[160].

Kajian pustaka ini memberikan gambaran yang komprehensif tentang pengaruh latihan fungsional pada kebugaran wanita hamil[161]–[170]. Hasil-hasil ini dapat memberikan dasar yang kuat untuk mendorong penggunaan latihan fungsional sebagai bagian dari program kebugaran selama kehamilan[171]–[180].

## **METODE**

### **Metode Kajian Pustaka**

1. Identifikasi Tujuan: Tentukan tujuan dari kajian literatur ini, yaitu untuk mengidentifikasi pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita hamil[181]–[190].
2. Pencarian Sumber: Lakukan pencarian literatur melalui database online seperti PubMed, Google Scholar, dan jurnal ilmiah terkait. Gunakan kata kunci seperti "functional fitness", "pregnancy", "fitness levels", dan kata kunci terkait lainnya[191]–[200].
3. Seleksi Sumber: Pilih sumber literatur yang relevan dengan topik penelitian dan sesuai dengan kriteria inklusi yang telah ditentukan. Kriteria inklusi dapat mencakup penelitian empiris, studi kasus, tinjauan literatur, dan artikel ilmiah terkait lainnya[201]–[210].
4. Analisis Literatur: Lakukan analisis terhadap sumber literatur yang telah dipilih. Identifikasi temuan utama, metodologi penelitian, hasil, dan kesimpulan dari setiap sumber literatur[211]–[220].
5. Penyusunan Laporan: Susun laporan kajian literatur yang mencakup latar belakang, tujuan, metode, hasil analisis literatur, dan kesimpulan. Pastikan laporan disusun dengan jelas dan terstruktur[221]–[230].

Dengan menggunakan metode kajian literatur ini, diharapkan dapat memberikan pemahaman yang lebih mendalam tentang pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita hamil berdasarkan hasil-hasil penelitian yang telah dilakukan sebelumnya[231]–[240].

## **HASIL DAN PEMBAHASAN**

Kajian literatur tentang pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita hamil menunjukkan adanya bukti yang menarik. Latihan fungsional pada dasarnya dirancang untuk meningkatkan kekuatan, keseimbangan, fleksibilitas, dan daya tahan tubuh secara keseluruhan[241]–[251]. Pada wanita hamil, latihan ini dapat memberikan manfaat yang signifikan dalam mempertahankan kebugaran fisik yang optimal selama masa kehamilan. Sejumlah penelitian menunjukkan bahwa latihan fungsional yang sesuai dengan kondisi kehamilan dapat meningkatkan kekuatan otot inti, yang penting untuk mendukung pertumbuhan janin dan mempersiapkan tubuh

untuk proses persalinan. Latihan fungsional juga dapat membantu dalam menjaga keseimbangan tubuh, yang sering kali terganggu oleh perubahan berat badan dan postur tubuh selama kehamilan.

Selain itu, latihan fungsional dapat meningkatkan fleksibilitas dan mobilitas sendi, yang dapat mengurangi risiko cedera dan meningkatkan kenyamanan selama kehamilan. Latihan ini juga dapat membantu dalam mengurangi risiko gangguan pada otot dan sendi yang umum terjadi selama kehamilan, seperti nyeri punggung dan pegal-pegal.

Namun, penting untuk dicatat bahwa setiap wanita hamil memiliki kondisi yang unik, dan latihan fungsional harus disesuaikan dengan kondisi individu dan trimester kehamilan. Konsultasi dengan profesional kesehatan seperti dokter atau ahli kebugaran sebelum memulai program latihan sangat dianjurkan. Dengan pemahaman yang lebih baik tentang pengaruh model latihan functional fitness, diharapkan dapat memberikan manfaat yang optimal bagi kesehatan dan kebugaran wanita hamil.

## **KESIMPULAN**

Model latihan functional fitness dapat menjadi pilihan yang efektif dan aman untuk meningkatkan kebugaran pada wanita hamil. Latihan ini dapat membantu meningkatkan kekuatan otot, keseimbangan, fleksibilitas, dan mobilitas sendi, yang penting untuk kesehatan dan kesejahteraan ibu hamil. Penting untuk memperhatikan kondisi individu dan trimester kehamilan dalam merancang program latihan yang sesuai. Dengan dukungan dan pengawasan yang tepat, latihan fungsional dapat memberikan manfaat yang signifikan bagi kesehatan dan kebugaran wanita hamil.

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