**ABSTRACT**

**THE RELATIONSHIP OF THE LEVEL OF KNOWLEDGE OF PRIMIGRAVIDA PREGNANT WOMEN IN THE 3RD TRIMESTER AND THE MOTHER'S ATTITUDES TO CONDUCT PREGNANCY EXERCISES IN THE WORKING AREA OF THE**

**PUSKESMASTERRACE FALLS IN 2023**

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*Pregnancy exercise is one of the sports activities that mothers can do during pregnancy. Development Goals (SDGs), the MMR target is 70 per 100,000 live births by 2030. To achieve this target requires hard work, especially when compared with several countries in ASEAN, the MMR in Indonesia is still relatively very high. The average MMR in ASEAN countries is 40-60 per live birth. In fact, the MMR in Singapore is 2-3 per 100,000 live births (Indrayani & Holilah, Siti, 2021). The aim of this research is to determine the relationship between knowledge of pregnant women and attitudes of mothers in carrying out pregnancy exercises in the Teras Terunjam Community Health Center Work Area in 2023.*

*The method used was an analytical research design with cross-sectional data collected by distributing questionnaires to 31 pregnant women in the Teras Terunjam Community Health Center Working Area using a total sampling technique.*

*The results of the univariate test analysis showed that some respondents (51.6%) had sufficient knowledge and some respondents (51..%) had sufficient attitudes. The results of Bivariate analysis with the Chi-sguare test results showed that there was a relationship between knowledge and attitudes of pregnant women in carrying out pregnancy exercises where the p value (0.000) < α (0.05)*

*The conclusion of this research is that there is a relationship between knowledge and attitudes of pregnant women in carrying out pregnancy exercises and the researcher suggests that the Community Health Center can provide useful information and input in providing pregnant women with knowledge and attitudes of mothers in carrying out pregnancy exercises.*

*Keywords: Knowledge, Attitude, Pregnant Women*