

LEVEL OF PHYSICAL ACTIVITY AND IT'S ASSOCIATED FACTORS AMONG PREGNANT WOMEN DURING PREGNANCY

Fatima Aslam¹, Karimah Hanim Abd Aziz¹, Nurjasmine Aida Jamani¹, **Razman Mohd Rus**^{1*}

¹Department of Community Medicine, Faculty of Medicines, International Islamic University, Malaysia
Jalan Istana, Bandar Indera Mahkota 25200 Kuantan, Pahang Darul Makmur, MALAYSIA

*Corresponding Autho's email: razman@iium.edu.my

ABSTRACT

Background: Pregnancy is a normal physiologic event that is complicated by pathologic process, dangerous to health of mother and fetus. However, regular physical activity during pregnancy not only maintains maternal and fetal wellbeing also maintains physical fitness and derives varies health benefits. The objective of this study was to measure the level and factors contributing to physical activity among pregnant women during pregnancy.

Methods: This is a cross sectional study of normal pregnant women (age 18-35 years) receiving antenatal care (gestational age 12-35 weeks) in a primary health clinic in Kuantan, Pahang. Their socio-demographic characteristics were recorded, and two set of questionnaires were used; validated Malay version IPAQ (short-form) for assessing physical activity and DASS -21 Malay version for evaluating psychological symptoms. Chi-square test, Fishers exact test, Independent t-test and multiple logistic regression were applied using SPSS Version 25.0. Significant level was set at p value <0.05.

Results: Among 168 respondents, 24.4% had moderate level of physical activity, but the majority (76.0%) had low level physical activity. Likewise, about 78.6% were physically inactive and only 22.0% physically active during pregnancy. We have not found any factors significantly associated with physical activity level.

Conclusion: Majority of the pregnant women have low physical activity level, thus contributed to high prevalence of physical inactivity.

Keywords: physical activity level, prevalence, associated factors

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