

## DAFTAR PUSTAKA

- American Pregnancy Association, 2000-04. *Effects of Exercise on Pregnancy*, [www.americanpregnancy.org/pregnancyhealth/effectsofexerciseonpreg.html](http://www.americanpregnancy.org/pregnancyhealth/effectsofexerciseonpreg.html) - 13k
- Anonim, 1996. *Exercise During Pregnancy*, [www.robynsnest.com/safeexe.htm](http://www.robynsnest.com/safeexe.htm) - 15k
- Anonim, 2002. *Senam Untuk Wanita Hamil*, [www.indomedia.com/intisari/1999/Mei/cerdas.htm](http://www.indomedia.com/intisari/1999/Mei/cerdas.htm) - 19k - Supplemental Result
- Anonim, 2004. *Pelvic Floor Exercises Assist With Delivery*, <http://www.aphroditewomenhealths.com>.
- Bo, et all, 1999. *Single blind, randomized controlled trial of pelvic floor exercises, electrical stimulation, vaginal cones, and no treatment in management of genuine stress incontinence in women*, BMJ 1999;318:487-493. BMJ Publishing Group Ltd. [bmj.bmjjournals.com/cgi/reprint/318/7182/487](http://bmj.bmjjournals.com/cgi/reprint/318/7182/487).
- Chun, Denise, 2001. *Exercising During Pregnancy*, [kidshealth.org/parent/nutrition\\_fit/fitness/exercising\\_pregnancy.html](http://kidshealth.org/parent/nutrition_fit/fitness/exercising_pregnancy.html) - 55k
- Cohen, W., Friedman, E.A., 1983. *Management of Labour*. Baltimore University Park Prese.
- Departemen Kesehatan RI, 1995. *Mengenal Masalah Kematian Ibu*, 1-28, Direktorat

- Ebner., Maria., 1967. *Physiotherapy in Obstetrics*. Third Edition. E & S Livingstone Ltd., London
- Friedman., E. A., 1981. The Labor curve symposium on difficult labour and delivery.  
*Clin Perinatal 8 : 15*
- Greenhill, J. P., 1955. *Obstetrics. 11 th ed.* W. B. Saunders Co Philadelphia, p. 688
- Gunadi, K., Hasibuan, S., Batubara, P., 1989. Partus lama di RSUP DR. Sardjito 1986-1988. *Naskah Lengkap PTP VI Manado*.
- Gunadi, kusno, 1992. *Pengaruh Senam Hamil Terhadap Lama dan Cara Persalinan*, Universitas Gajah Mada Yogyakarta.
- Hall, D.C., Kaufmann, D.a., 1987. Effect of Aerobic and strength condition on pregnancy outcome. *Am. J. Obstet Gynecol.*, 157:1199-1203
- Heardman, H., 1987. *Relaxation and Exercise for Childbirth*, Cetakan 3, Arcan, Jakarta.
- Hillis, D., 1991. Exercise during pregnancy risk and benefits. *JPOG vol. 17 No. 1 p. 29-36*
- Kariminia, et all, 2004. *Randomized controlled trial of effect of hands and knees posturing on incidence of occiput posterior position at birth*, BMJ 2004;328:490, doi:10.1136/bmj.37942.594456.44. BMJ Publishing Group Ltd. [bmj.bmjjournals.com/cgi/content/full/328/7438/490](http://bmj.bmjjournals.com/cgi/content/full/328/7438/490)
- Kushartanti, et all, 2004. *Senam Hamil Menyamankan Kehamilan Mempermudah Persalinan*, cetakan I, Lintang Pustaka, Yogyakarta.

- Martaadisoebrita, H.D., Sutakaria, H., 1979. Pengaruh senam hamil terhadap kehamilan dan persalinan. *Naskah lengkap KOGI IV*, Yogyakarta. Hal. 359-362.
- Martodipuro., 1989. Podok bersalin desa, suatu alternatif dalam upaya peningkatan safe motherhood di pedesaan *Pentaloka POGI, DSA dan Kasi KIA Din-Kes Se Jawa-Timur*.
- Owen, Philip, 2003. *Exercise during Pregnancy*, [www.netdoctor.co.uk/health\\_advice/facts/pregnantexercise.htm](http://www.netdoctor.co.uk/health_advice/facts/pregnantexercise.htm) - 46k
- Primadi., Hanafiah., 1985. *Senam Hamil*. Bagian Obstetri-Ginekologi, Fakultas Kedokteran Universitas Padjajaran, Bandung.
- Primus, M.P., 1990. *Hubungan Kecemasan dengan Lama Persalinan*. Skripsi. Laboratorium Kebidanan & Kandungan FK-UGM/RSUP DR. Sardjito, Yogyakarta.
- Saifuddin, et all, 2002. *Buku Panduan Praktis Pelayanan Kesehatan Maternal dan Neonatal*, Edisi pertama, Tridasa Printer, Jakarta.
- Sampselle, et all, 1998. *Effect of pelvic muscle exercise on transient incontinence during pregnancy and after birth*, The American College of Obstetricians and Gynecologists.
- Sastrawinata, et all, 1977. *Obstetri Fisiologi*, Edisi 1, Bagian Obstetri dan Ginekologi Fakultas Kedokteran Universitas Padjajaran, Bandung.
- Sastrawinata, S., 1983 Upaya dalam bidang obstetri dalam menurunkan angka kematian perinatal, *Naskah Lengkap Kongres Perinesia I*, Yogyakarta

- Saulitis, M.V., 2002. *Pregnancy & Exercise*, Family Practice and Obstetrics  
Cherry Street Medical Group, lifematters.com/-19k
- Salvesen, Kjell Å. Mørkved, Siv. , 2004. *Randomized controlled trial of pelvic floor  
muscle training during pregnancy*, BMJ. 2004 August 14; 329(7462): 378–  
380. doi: 10.1136/bmj.38163.724306.3A. BMJ Publishing Group Ltd.  
[bmj.bmjjournals.com/cgi/content/abstract/329/7462/378](http://bmj.bmjjournals.com/cgi/content/abstract/329/7462/378)
- Winkjosastro, Hanifa, 2002. *Ilmu Kebidanan*, Edisi ketiga, Yayasan Bina Pustaka  
Sarwono Prawirohardjo, Jakarta.