

**INFORMATICS ON RECOMMENDED EXERCISES FOR PREGNANT
WOMEN USING ANDROID MOBILE APPLICATION**

THESIS

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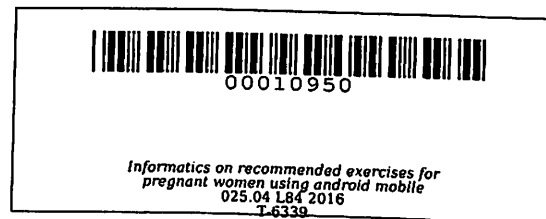
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ABSTRACT

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The study was conducted to develop an Informatics on Recommended Exercises for Pregnant Women Using Mobile Application to help women about what are the things they must learn when they are pregnant. Women should know what to expect along the stages of pregnancy, because there are plenty of important ways to prepare themselves and their body for the healthy pregnancy and to deliver a healthy baby. This study provided important information and materials that guided and helped the pregnant women.

The research methodology used in the software development was Agile; an alternative to traditional project management, typically used in software development. It has five (5) phases namely: brainstorming, design, development, quality assurance and deployment.

In system development, the researchers used Windows 8.1 Pro with a system type of 64-bit operating system and with a processor of 2.27 GHz and four logical processors with 6.00 GB of random access memory (RAM) as the development platform; HTML5, JavaScript, CSS and JQuery, and JQuery Mobile for the code; Bootstrap for the layout; Atom text editor for coding and developing the application; Adobe PhoneGap Build for building and testing the application; SQLite as database; Microsoft Word 2013 for the documentation and Adobe Photoshop CC for the enhancement of the design of the

mobile application. For the mobile specification, any smartphones that runs at least Android Jellybean up to Android Lollipop Operating System.

The Informatics on Recommended Exercises for Pregnant Women Using Android Mobile Application is composed of three (3) modules: search Module, information Module, and exercise Module. The software was evaluated using indicators that are rated from 1 to 5 wherein 5 is rated as excellent, 4 as very good, 3 as good, 2 as fair and 1 as poor. The system has passed the criterion and met the objectives and its expected output.

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INTRODUCTION

A pregnant woman's good health is important to the good health of her baby. Pregnant women who exercise, eat regularly and have regular prenatal check-ups are less likely to have complications during pregnancy and would most likely give birth to a healthy child. Pregnant women have antenatal appointments and consultations with an obstetrician (a doctor specializing in pregnancy) during their pregnancy. The obstetrician checks the health of the mother and her baby and provides useful information and reminders to ensure the baby's health (www.babycenter.com, 2015).

The prenatal checkups at the start of pregnancy vary according to where the pregnant woman lives. Some women who suspect that they are pregnant will automatically consult a doctor. But women who live far from the hospitals can rely only on the health centers near them. Thus, their prenatal care depends on the community they belong to.