

**PRIMARY PRENATAL KINETOPROPHYLAXY WITH ITS BENEFITS
ON WOMEN AND NEWBORN**

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The topic discussed in this paper is very timely, namely the prenatal primary kinetoprophylaxy. Until now, there have been many conceptions arguing that pregnant women should abstain from any movement, from any physical exercise and that physical exercise affects the welfare of the fetus. In recent literature, it began to gain ground, the concept that pregnancy is actually a physiological condition that allows an active and healthy life. Mother-child relationship does not begin at birth, but even during the pregnancy. Ideal continuation of this relationship it is given also by the quality of physical and emotional tight contact of the mother with newborn baby, and it has a decisive role in the evolution of the little human being, justifying the need that the mother's condition during pregnancy to be a positive one. In our country, the evidences regarding the effects of practicing the prophylactic exercises on the pregnant woman and the fetus are limited, the theoretical section prevail with few practical studies.

The thesis contains a general part and a special part. The general part contains two chapters in which the physiological morpho-functional changes during pregnancy and the general rules on pregnancy hygiene. In the special part is included the personal contribution focuses on six parallel studies:

- Influence of primary kinetoprohylaxy on body weight of pregnant women,
- Influence of primary kinetoprohylaxy on the effort capacity,
- Effects of exercise preventive prenatal fetus,
- Effects of application the psychosomatic methods in the kinetoprophylactic program for pregnant women,
- Prenatal education in terms of continuing education,
- Effects of primary kinetoprohylaxy on the infant motor development.

The aim of our research was searching for, finding and implementing of some programs of primary kinetoprophylaxy that bring about the pregnant woman, the maintenance

and improvement of life quality. Also, our applied program sought to have positive effect also on the infant motor development.

Based on the aforesaid assumptions the research hypotheses were formulated:

1. The steady program of prenatal primary kinetoprophylaxy induces positive effects on functional parameters with beneficial effects on life quality of the pregnant woman.
2. Participation of pregnant woman at a primary kinetoprophylaxy program will have a positive effect on motor development in the newborn.

In our research group were included 800 subjects out of which 400 pregnant women and their infants, a number of 400, who were taken into evidence of the Neonatology Clinics 1 and 2 in Targu Mures.

All performed studies highlights the benefits of primary kinetoprophylaxy on body weight of the pregnant woman, on the effort capacity of pregnant women, on the infant motor development.

The research highlights the importance of interpreting pregnancy as a normal period, which allows running in normal conditions of daily activities without exclusive restrictions, related to physical activity.

A relevant issue in the final conclusions of the research was the importance of holistic approach from a multiple perspective having a triple referential, namely physiological, behavioral and psycho-somatic.

Statistical obtained results have shown the importance of the interdisciplinary approach of the researched topic, respectively kynetoprophylactic techniques and methods related to the specialty care.

The final conclusions of this research was the focus on standardization the applied tests and on the population of our country, and participation in kynetoprophylactic activities of pregnant woman does not harm the mother or fetus, on the contrary they improve the exercise capacity of pregnant women, inducing a positive emotional state, helps her to achieve mental balance at a high level of relaxation and not at least contribute to the harmonious motor development of the newborn.

We believe, the benefits that research has had on the health of the mother, fetus and the newborn had a major impact on public health and deepening of these themes provides a healthy lifestyle across generations, implicitly the increase of their life quality.

Keywords: kinetoprophylaxy, pregnant women, movement, newborn, quality of life.