



## **Benefits of Exercises Performed in Prenatal and Postnatal Processes of Pregnancy**

**Murat Korkmaz<sup>1</sup>, Ali Serdar Yücel<sup>2</sup>, Kaya Yıldız<sup>3</sup>, Ercan Sahbudak<sup>4</sup>, Sevilay Yıldız<sup>5</sup>,  
Ümran Sevil<sup>6</sup>, Erdal Sen<sup>7</sup>, Ebru Cengiz<sup>8</sup>, Yüksel Savucu<sup>9</sup> and Selvinaz Saçan<sup>10</sup>**

<sup>1</sup>*Güven Group Inc. Finance Manager Istanbul, Turkey*

<sup>2</sup>*Firat University Faculty of Sports Sciences Elazig, Turkey*

<sup>3,5</sup>*Izzet Abant Baysal University Faculty of Education Bolu, Turkey*

<sup>4</sup>*Cumhuriyet University Faculty of Literature Department of Sociology Sivas, Turkey*

<sup>6</sup>*Ege University Faculty of Nursing Department of Gynecology Izmir, Turkey*

<sup>7</sup>*Istanbul Gelisim University Department of Business Administration in English,  
Istanbul, Turkey*

<sup>8</sup>*Istanbul Gelisim University Vocational School of Health Department of Healthcare  
Management Istanbul, Turkey*

<sup>9</sup>*Firat University Faculty of Sports Sciences Elazig, Turkey*

<sup>10</sup>*Adnan Menderes University Söke Vocational School of Health Department of Child  
Development Aydin, Turkey*

*E-mail: alsetu\_23@hotmail.com*

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**ABSTRACT** This research aims at determining views of health personnel regarding benefits of exercises performed properly in prenatal and postnatal processes of pregnancy. For this purpose, a questionnaire composed of two parts was applied on 570 attendees. Within the scope of the analysis, descriptive statistics, reliability analysis, Factor Analysis, Correlation Analysis, independent sample t-test, Anova analysis, Chi-square analysis, Kruskal Wallis-H and Jonckheere-Terpstra Testa analyses were used. PASW 18.0 packet program was used in the analysis of data acquired from the research. At the end of the research, it was found that views of attendees regarding the importance of sports activities physically and mentally differed by number of pregnancy, educational status, working in private or public sector and having experienced an abortion or curettage. Furthermore, it was determined that views that sports activities protected babies differed by attendees who experienced abortion or curettage and educational status; and experiencing abortion or curettage was independent from educational status.