
THE INFLUENCE OF HEALTH EDUCATION ABOUT PREGNANCY EXERCISES USING AUDIO VISUAL MEDIA ON THE INTEREST OF PREGNANT WOMEN AT THE PERMATA HATI KARANGANYAR CLINIC

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Abstract:

Pregnancy exercise is a form of exercise or structured training. Regular exercise will improve blood circulation, strengthen muscles and stretch joints and can reduce disorders that commonly occur during pregnancy such as aches, back pain, stiff muscles, constipation, and reduce swelling of the legs. Doing regular pregnancy exercises can reduce lower back pain, one of which is by kneeling movements, rotating the pelvis, bending the buttocks, bending the knees, chest. The aim of this research is to determine the influence of health education about pregnancy exercise using audio visual media on the interest of pregnant women at the Permata Hati Karanganyar Clinic. This research is quantitative research with the form of a preliminary experimental design. This research method is pre-experimental research with a one-group-pretest-posttest design. The sample consisted of 32 respondents. The techniques used for this analysis are univariate and bivariate. Based on the Wilcoxon test results, a p-value of 0.000 < 0.05 so it can be concluded that there is a significant influence of providing health education about pregnant women's exercises using audio-visual media on the interest of pregnant women.

Keywords : pregnancy exercise, discomfort, pregnant women.

INTRODUCTION

Pregnancy is a natural process that every woman will experience. The length of pregnancy until term is 280 to 300 days or 39 to 40 weeks, so during this period pregnant women need proper supervision. Pregnancy is a normal and natural process for a woman with physiological changes which include physical and psychological changes (Hernanto, 2016). These changes cause specific symptoms according to the stages of pregnancy, which consist of three trimesters. The period that requires special attention is the third trimester, because this is a period of increasing fetal growth and development (Widhayanti, 2018).

Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) are one of the health development indicators in the 2015-2019 RPJMN and SDGs. According to SDKI data, in 2007 there were 228 cases, in 2012 the MMR increased again to 359 cases. IMR can be said to be decreasing on the track (continuing to decline) and in the 2012 IDHS it showed a figure of 32 cases and in 2015 both MMR and IMR showed a decrease in maternal mortality by 305 cases, infant mortality by 23 cases (Ministry of Health of the Republic of Indonesia, 2016).

The high MMR is caused by complications in childbirth and during pregnancy. The birth process requires physical and mental preparation from the time of pregnancy. To facilitate the birthing process, preparations made during pregnancy include doing pregnancy exercises. One example of complications that occur during pregnancy is low back pain.

In an effort to adjust to excess body weight, the spine pushes backwards, forming a lordosis body posture. This causes the mother to feel pain in the waist. Low back pain that is not treated properly will cause discomfort during pregnancy, anxiety, as well as chronic low back pain and other complications (Ulfa, 2018).

Pregnant women really need a fresh and fit body so they can carry out their routine. This body condition can be achieved by exercising appropriate for pregnant women, namely pregnancy exercise (Purwati & Agustina, 2016). Pregnancy exercise plays a role in strengthening contractions and maintaining the flexibility of the abdominal wall muscles, ligaments, pelvic floor muscles and others that withstand additional pressure and are associated with childbirth (Suryani & Handayani, 2018).

Audio visual media is a combination of audio and visual, this media is very complete and optimal in presenting material, because the senses that are often used to capture information are the senses of sight and hearing (Waryana, 2018). The use of audio-visual media in health education can provide stimulation, experience and perception of learning material and can hone reasoning and connections in understanding the concept of

pregnancy exercise. Video as an actualization of this media brings pregnant women to a more contextual learning experience (DM. Sukma, 2018).

Research conducted by Siti Fatimah (2016) regarding influence education health about exercise pregnant towards knowledge And motivation mothers to do pregnancy exercises in Malakasari village. He concluded that education health Which done on Mother pregnant can has a significant effect on increasing mothers' knowledge about pregnancy exercise and increase motivation Mother For do exercise pregnant. In Journal Nurse And Midwifery Indonesia (2013) Which research regarding the interest of pregnant women in participating in pregnancy exercises at BPRB Bina Sehat Bangunjiwo, Kasihan, Bantul written by Dewi Masrurin. Etc., obtained as much 51.9% Which interested want to follow exercise pregnant, while others are not yet interested in participating in pregnancy exercise. Therefore, writer give suggestion especially to para midwife so that do counseling and coaching for pregnant women regarding the importance of exercise pregnant, benefit And method carry out exercise pregnant. As well as give as much information as possible to pregnant women to increase maternal interest pregnant in follow exercise pregnant during period pregnancy.

At the Permata Hati Karanganyar Clinic, there are gymnastics activities I got pregnant myself at the end of 2021, because I was hampered by cases Covid 19. Survey beginning Which researcher do to 10 person Mother pregnant at the Permata Hati Karanganyar Clinic in August 2022, entirely Already know about exercise pregnant based on information they get from friends or social media. Interest in taking part in gymnastics pregnant Actually there are, but they don't carry out these pregnancy exercises regularly. If pregnant women are invited exercise pregnant But the place more far away, they are No too enthusiastic. From studies From this, it can be concluded that pregnant women are interested in taking part in gymnastics Pregnancy is still not strong enough, so they don't want to try to get it do gymnastics pregnant. Lack of enthusiastic For Can carry out Pregnancy exercise can be caused by pregnant women not knowing yet in a way Certain importance exercise pregnant during period pregnancy even labor.

METHODOLOGY

This research is quantitative research in the form of *Pre experimental* with *One-Group PreTest-Post-Test Design* that is grouping members group experiment .

This research was carried out by children at the Permata Hati Karanganyar Clinic starting from August 2022-June 2023.

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The population in this study were all pregnant women in Permata Hati Karanganyar Clinic The last month is December amount as much 47 Mother pregnancy includes the second and third trimesters.

Method taking sample Which used in this research using *accidental sampling* .
Criteria Inclusion And Exclusions:

Criteria Inclusion

- a) Pregnant mother trimesters II And III with inconvenience pregnancy
- b) Willing to be a respondent and committed to take part in gymnastics pregnant Which proven with letter willingness become respondents
- c) Condition Mother And fetus healthy, recorded in KMS

Criteria Exclusion

- a) Mother pregnant Which do exercise other besides exercise pregnant.
- b) Pregnant women are not willing to be respondents and are not committed to follow exercise pregnant.
- c) Pregnant women in the second and third trimesters are not allowed to carry out physical activities related to the health of the mother and fetus, based on history inspection in KMS

Identitification Variable

Independent variable : education health use audio-visual media.

Dependent variable : interest pregnant women to do exercise pregnant

Operational definition

Variable	Operational definition	Measuring instrument	Measure Results	Scale
Independen t				
Health education uses Audio Visual media about pregnancy	Providing health information about pregnancy exercise in the form of	- Standard Operating Procedures (SOP) for pregnancy exercise		

exercises	understandi ng, benefits, indications, contraindic ations and pregnancy exercise movements starting from warming up, core movements to cooling down using audio visual media to individual pregnant women which is carried out for 25 minutes.	- Pregnancy exercise video		
Dependent				
Pregnant women's interest in doing pregnancy exercises	Internal and external encourage ment of pregnant women which is indicated by their interest in	- Questionnair e data on respondent characteristi cs - Attendance list sheet	Categories of interest for pregnant women: Low , if the number of attendance is 0-1x in 5 weeks	Interval s

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doing pregnancy exercises. Data was obtained by looking at the documentat ion of the attendance list for pregnant exercise participants for 5 weeks.	Medium, if the number of attendance is 2-3x in 5 weeks High , if the number of attendance is 4-5x in 5 weeks
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Instrumentation

The instruments used in this research are:

- a. Videos
- b. Questionnaire

Analysis Data

collection techniques used in this research are:

- a. Primary data

Primary data is obtained through direct observation of the determining object, namely characteristics each variable researched.

- b. Secondary Data

Secondary data is data obtained indirectly from the research object. Secondary data in this study is the number of TM II and III pregnant women at the Permata Hati Karanganyar Clinic

The data analysis technique aims to test the proposed hypothesis and For answer formulation problem. Analysis Which used that is univariate And bivariate.

- c. Analysis Data Univariate

Objective from analysis This is For explain characteristics each variable researched.

Analysis of the data presented is a descriptive statistical value including mean (average) and standard deviation for two measurements (interest of pregnant women before and after giving education health about pregnancy exercise using media audio visual).

d. Bivariate Data Analysis

If the data distribution is not normal or the t test requirements are not met then test Which used is test Wilcoxon (Dahlan, 2016). This test can use the help of a computerized SPSS (*Statistical Product Service Solution*) program with the following decision making:

- a. If the $p \text{ value} \leq \alpha$ (0.05) it means that there is an influence of health education about pregnancy exercise using audio-visual media on the interest of pregnant women.
- b. If the $p \text{ value} \geq \alpha$ (0.05) it means that there is no influence of health education about pregnancy exercise using audio-visual media on the interest of pregnant women.

RESULTS AND DISCUSSION

A. Univariate Analysis

1 Respondent Characteristics

Table 1 Data on characteristics of pregnant women who do pregnancy exercise

No.	Characteristics	N	Frequency (F)	Percentage (%)
1.	Age	32		
	<20 years		4	12.5
	20-30 years		17	53.1
	31-40 years old		10	31.3
	>40 years		1	3.1
2.	Education	32		
	Elementary/MI		10	31.4
	SMP/MTS		14	43.8
	SMA/SMK/MA		8	25
3.	Work	32		
	IRT		31	96.9
	Private		1	3.1

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4. Gestational Age	32		
4-6 months		20	62.5
7-9 months		12	37.5
5. Have you ever received information?	32		
Ever got it		15	46.9
Never got it		17	53.1
6. Resources	32		
Health workers		9	28.1
Electronic media		6	18.8
Never got it		17	53.1

From the results of research conducted at the Permata Hati Clinic, data was obtained that the majority of pregnant women studied were in the 20-30 year age group, namely 17 respondents (53.1%). The majority of pregnant women have junior high school/MTS education, namely 14 respondents (43.8%). Pregnant women who took part in pregnancy exercise were mostly housewives, namely 31 respondents (96.9%) and the most gestational age was 4-6 months, 20 respondents (62.5%). Based on information about pregnancy exercise, 17 respondents (46.9%) had never received information about pregnancy exercise before, while the other 15 respondents had received information about pregnancy exercise from health workers, 9 respondents (28.1%) and from electronic media, 6 respondents (18.8%). %).

2 Respondents' Interest in Doing Pregnancy Exercises Before Being Given Health Education

Table 2 Pretest Data

Category	N	Frequency (F)	Percentage (%)
Interest of pregnant women during pretest	32		
Low		16	50
Currently		12	37.5
Tall		4	12.5

Based on the results of research conducted at the Permata Hati Clinic, during the *pretest*, the majority of pregnant women's interest in doing pregnancy exercise was still low, namely 16 respondents (50%), 12 respondents (37.5%) had moderate interest and only 4 respondents had high interest. (12.5%).

3 Respondents' Interest in Doing Pregnancy Exercises After Being Given Health Education

Table 3 Posttest Data

Category	N	Frequency (F)	Percentage (%)
Pregnant women's interest during the <i>posttest</i>	32		
Low		2	6.3
Currently		4	12.5
Tall		26	81.3

Based on the results of research conducted at the Permata Hati Clinic, during the *posttest*, the majority of pregnant women's interest in doing pregnancy exercises had high interest, namely 26 respondents (81.3%), 4 respondents (12.5%) had moderate interest and 2 remained with low interest. respondents (6.3%).

4 Pregnant Women's Interest in Pregnancy Exercise Before and After Being Given Health Education

Table 4 Differences in *Pretest* and *Posttest* Data Pregnant Women's Interest in Pregnancy Exercise

Data	N	Min.	Max.	Mean	elementary school	Difference
<i>Pretest</i>	32	1	5	2.25	1,047	1.97
<i>Posttest</i>	32	1	5	4.22	1,211	

Based on the results of research conducted at the Permata Hati Clinic, it shows that during the *pretest* the minimum score was 1 and the maximum score was 5. The average score obtained was 2.25 with a standard deviation of 1.047. Meanwhile, the score obtained during the *posttest* was obtained with a

minimum score of 1 and a maximum score of 5, where there was an increase in the average score to 4.22 with a standard deviation of 1.211. There is a difference in the average score between *the pretest* and *posttest* of 1.97.

B. Bivariate Analysis

1. Normality test

The data normality test is used to determine whether the data from each variable is normally distributed or not. The formula that researchers use is the *Kolmogorov-Smirnov formula* using the SPSS application. The frequency distribution of each variable can be determined to be normal or not, it can be seen from the *Asymp.Sig value*. The basis for decision making in the normality test according to Saifuddin, A (2012), namely:

- a. If sig (significance) < 0.05 then the data is not normally distributed.
- b. If sig (significance) is >0.05 then the data is normally distributed.

With the help of computer software for statistical data processing, *SPSS version 20 for Windows*, the results of the normality test are shown in the following table:

Table 5 Data normality test results

	<i>Kolmogorov-Smirnov</i>			<i>Shapiro-Wilk</i>		
	<i>Statistics</i>	<i>Df</i>	<i>Sig.</i>	<i>Statistics</i>	<i>df</i>	<i>Sig.</i>
<i>Pretest</i>	,344	32	,000	,795	32	,000
<i>Posttest</i>	,334	32	,000	,689	32	,000

Based on *the one sample Kolmogorov-Smirnov output*, the data obtained is the sig value. equal to 0.000 < 0.05, which means the data is not normally distributed. In the results of the *Shapiro-Wilk test*, the significance results obtained were 0.000 <0.05, which means that the data did not have normal distortion.

2. Homogeneity Test

The homogeneity test is intended to show that two or more groups of sample data come from populations that have the same variance. Homogeneity is fulfilled if *the sig value*. > 0.05, then the variance of each sample is the same (homogeneous). On the other hand, if the significance obtained is <0.05 then the variance of each sample is not the same (not homogeneous). With the help of *SPSS version 20 for Windows* software, the results of the data homogeneity test are shown as follows:

Table 6 Data homogeneity test results

Levene Statistics	df1	df2	Sig.
,924	1	62	,340

Based on *the output of the Test of Homogeneity of Variances*, a significance value of $0.340 > 0.05$ is obtained, thus the variance of each sample is the same (homogeneous).

3. Hypothesis testing

Hypothesis testing was carried out to see whether or not the effectiveness of using audio-visual media was significant in increasing pregnant women's interest in doing pregnancy exercises, which was carried out using the *Wilcoxon test using the SPSS version 20 for Windows* program . The results of the hypothesis test are shown in the following table:

Table 7 Hypothesis test results

	Posttest - Pretest
Z	-4,157 ^b
Asymp. Sig. (2-tailed)	,000

Based on *the output of the Wilcoxon test* above, a *p value of $0.000 < 0.05$ was obtained* , which means that there is a significant effect of providing health education about pregnancy exercise using audio-visual media on increasing pregnant women's interest in doing pregnancy exercise.

Discussion

A. Characteristics of Pregnant Women Who Do Pregnancy Exercises at Permata Hati Clinic

From the results of research conducted at the Permata Hati Clinic, data was obtained that the majority of pregnant women studied were in the 20-30 year age group, namely 17 respondents (53.1%). The more mature, the strength and maturity of a person, the more he thinks and works in terms of public trust, more mature people will trust more than those who are not mature enough. A person's age influences a person's ability to understand and their mindset. So, with increasing

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age, a person's thinking pattern and grasping power will also develop, thus the knowledge gained will increase (Putri, 2018).

The characteristics of respondents based on their education level were that the majority had junior high school/MTS education, namely 14 people (43.8%), where the level of education would influence the mother's interest in doing pregnancy exercise. This is because education affects a person's level of knowledge. The more a person's knowledge increases, the more it influences thought patterns which have an impact on behavior or decisions taken, which raises a person's interest in doing pregnancy exercises (Anggraini, 2017).

Based on data on the characteristics of respondents, only 1 person worked (3.1%) while the other 31 pregnant women, namely 96.9%, were housewives. Work is a time-consuming activity. Pregnant women who work outside the home will gain various experiences, information and can do something useful and valuable. However, work is an activity that takes up time, so pregnant women who work tend not to be able to regularly carry out pregnancy exercises, so that pregnant women whose daily activities are housewives, where they spend more time at home, will have more interest in carrying out pregnancy exercises. high because they have more free time (Nanda, 2019).

Based on gestational age, there were 20 respondents (62.5%) in the second trimester of pregnancy, namely those with a gestational age of 4-6 months, and 12 respondents in the third trimester (37.5%). During pregnancy, appropriate antenatal care is needed to overcome all the changes experienced by pregnant women both physically and mentally. Pregnancy exercise provides many benefits for reducing complaints caused by physical changes during pregnancy. The many benefits that pregnant women can experience have given rise to interest in doing pregnancy exercises (Maryunani & Yetti, 2020).

Based on research data, 17 pregnant women (53.1%) never received information about pregnancy exercise. Another 15 respondents, namely 46.9%, had received information about pregnancy exercise from health workers, 9 respondents (28.1%) and 6 respondents (18.8%) obtained information about pregnancy exercise through electronic media. The sources of information obtained provide pregnant women with more knowledge about the importance of doing pregnancy exercises during pregnancy and also before delivery. This raises interest in pregnant women in doing pregnancy exercises (Maryunani & Yetti, 2020).

B. Pregnant Women's Interest in Doing Pregnancy Exercises Before Being Given Health Education Using Audio Visual Media at the Permata Hati Clinic

Based on the results of research conducted at the Permata Hati Clinic, the majority of pregnant women's interest in doing pregnancy exercises before being given health education using audio-visual media is still low, namely 16 respondents (50%). In this case, researchers emphasize a person's interest factors based on themselves. Where someone has absolutely no outside influence regarding pregnancy exercise.

As stated by Nursalam (2015), one of the factors that influences the emergence of a person's interest is encouragement from within the individual himself. In this case, the researcher only provided information in the form of news about the implementation of pregnancy exercises carried out at the Permata Hati Clinic. Based on the results of the *pretest* data, researchers can assess how much interest each pregnant woman has in doing pregnancy exercises.

C. Pregnant Women's Interest in Doing Pregnancy Exercises After Being Given Health Education Using Audio Visual Media at the Permata Hati Clinic

Based on the results of research conducted at the Permata Hati Clinic, after being given health education about pregnancy exercise using audio-visual media, the majority of pregnant women had a high interest in doing pregnancy exercise, namely 26 respondents (81.3%). Based on the *posttest* data obtained, it is known that pregnant women's interest in carrying out pregnancy exercises after being given health education using audio-visual media increased significantly.

This is in accordance with what was stated in Nursalam (2015) that a person's interests can be influenced by extrinsic factors, including the human element obtained from health workers. Health workers with all their appearance, personality and professional qualifications can influence a person's interest in doing the things they are informed about.

Furthermore, another extrinsic factor that can influence a person's interest is the implementation of health program activities (Nursalam, 2015). This is the basis for researchers to hold a pregnancy exercise program at the Permata Hati Clinic, so that pregnant women's interest in doing pregnancy exercise increases. The implementation of the pregnancy exercise program is supported by using audio-visual media which contains complete pregnancy exercise movements, this is in accordance with Nursalam (2015) that mass media greatly influences a person's interest in carrying out activities to maintain health.

D. The Influence of Health Education about Pregnancy Exercise Using Audio Visual Media on the Interest of Pregnant Women at the Permata Hati Clinic

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Wilcoxon test, it was found that the p value = 0.000 < 0.05, which means that there is a significant influence of providing health education about pregnancy exercise using audio-visual media on the interest of pregnant women in doing pregnancy exercise at the Permata Hati Clinic. Health education using audio visual media influences the knowledge and attitudes of pregnant women to do pregnancy exercises. Using this audio visual media, apart from being an interesting entertainment media, it is also a communication tool that is easy to understand and also practiced by pregnant women when doing pregnancy exercises.

Education using audio visual media makes it easier for pregnant women to understand the benefits of pregnancy exercise, indications and contraindications when they want to do pregnancy exercise, and also what needs to be prepared both physically and mentally when mothers want to do pregnancy exercise regularly so that pregnant women it is easier to imitate the movements of pregnancy exercises that are broadcast via audio-visual. Audio visual media is very effectively used to convey information that is easy to understand and also easy to imitate because of the sound and image facilities that are displayed, so that pregnant women are more interested in doing pregnancy exercises regularly during their pregnancy.

This is also in line with the results of research conducted by Yuni Purwati (2014) that health education using VCD media is easier to accept and the movements can be followed by subjects, so that after watching the video, subjects can be more active and routinely do pregnancy exercises.

CONCLUSION

Characteristics of pregnant women at Permata Hati Clinic based on age, the majority were 20-30 years old, there were 17 respondents (53.1%), based on education, the majority of respondents had junior high school/MTS education, 14 respondents (43.8%), the majority of pregnant women were 31 respondents (96.9%). % are housewives and the highest gestational age is 4-6 months, as many as 20 respondents (62.5%). Based on information about pregnancy exercise, 17 respondents (53.1%) never received information, while the other 15 respondents (46.9%) received information from health workers. 9 respondents (28.1%) and 6 respondents (18.8%) received information about pregnancy exercise from electronic media.

Pregnant women's interest in doing pregnancy exercises before being given health education (*pretest*) using audio-visual media is still mostly in the low category, namely 16 pregnant women (50%).

The interest of pregnant women in doing pregnancy exercises after being given health education (*posttest*) using audio-visual media was 26 pregnant women (81.3%) who had high interest.

Wilcoxon test, the p value = $0.000 < 0.05$. So H_a was accepted which stated that there was an influence of providing health education about pregnancy exercise using audio-visual media on the interest of pregnant women at the Permata Hati Clinic.

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