



Effect Of Prenatal Yoga On Third Trimester Pregnant Women to Reduce Anxiety

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ABSTRACT

Objective: Forms of anxiety experienced by third-trimester mothers include doubts about being able to give birth normally, smooth delivery, fear of not being able to withstand the pain experienced during childbirth, condition of the baby being born, delivery not as desired, condition of the mother after giving birth, indirectly met her baby after giving birth and received less attention from those around her. Prenatal Yoga is a non-pharmacological therapy for reducing anxiety in pregnant women. The purpose of the study was to determine the effectiveness of prenatal yoga in reducing anxiety in third-trimester pregnant women in Bangsal RW 2 Kediri.

Method: The method used in this study was experimental. The study population was third-trimester pregnant women. The number of samples in the study was 35 respondents. This research uses purposive sampling. The variables used were prenatal yoga and anxiety. Researchers used a measuring instrument in the form of an Anxiety Scale for Pregnant (ASP) questionnaire.

Result: The results of the research on anxiety in third-trimester pregnant women before being given heavy prenatal yoga were 25 respondents (71.4%), after being given prenatal yoga anxiety in third-trimester mild pregnant women were 32 respondents (91.4%) with Wilcoxon test results $p = 0.000$.

Conclusion: The conclusion of this study is that prenatal yoga is very effective in reducing anxiety in third-trimester pregnant women.

Keywords: *Prenatal Yoga, Anxiety, Third Trimester Pregnant Women*

Introduction

One of the important moments awaited by some married couples is pregnancy. However, when undergoing the process of pregnancy is often considered a scary thing for pregnant women because there are some changes that are considered unpleasant. Gestational age is divided into trimesters. Hormonal changes that occur in each trimester have an impact on the physical and psychological changes of pregnant women. Third trimester pregnant women can feel anxious because it is approaching the time of delivery, thinking about whether the delivery is going smoothly or not. Anxiety that arises can cause pain in the labor process (Lestari et al., 2019). Forms of anxiety in the third trimester are the fear of not being able to withstand pain during labor, doubts about being able to give birth normally, the health of the baby after birth, not meeting the baby directly after delivery, smooth delivery, the condition of pregnant women after delivery, childbirth that is not as desired. , received less attention from others, (Aryani et al., 2016).

Based on the results of Wardani's research (2018) at Idaman Hospital Banjarbaru, South Kalimantan for the period November to December 14 2018, it shows that of 30 respondents, 12 respondents or 40% of respondents were in the mild anxiety category, while 14 respondents or 46.7 % of respondents are in the category of moderate anxiety, 1 respondent or 3.3% of respondents are in the category of severe anxiety, 3 respondents or 10% of respondents are in the category of not anxious. Other research data shows that 7 respondents are not anxious, 1 respondent is moderately anxious in the experimental group, while in the control group, 2 respondents are not anxious, 8 respondents are mildly anxious and 5 respondents are moderately anxious (Lestari et al., 2019). Third-trimester pregnant women will experience several changes, namely anatomical, psychological, and physiological changes. Psychological conditions that pregnant women experience, namely anxiety, will affect physiological activities. Anxiety affects heart rate, blood pressure, gastric acid secretion, sweat gland activity, adrenaline production, etc. And psychological pressure causes physical symptoms such as lethargy, restlessness, irritability, fatigue, dizziness, nausea, insomnia, and often feeling lazy (Meihartati, 2019). The anxiety that pregnant women feel in the third trimester will affect the delivery process, mental and motoric disorders of children, the process of child growth, prolonged labor, premature birth, and low birth weight (LBW) (Mardjan, 2016), according to Meiharta-ti (2019) the mother Pregnant women who experience anxiety can increase the risk of maternal emotional imbalance after childbirth, colic in newborns, delays in fetal motor and mental development.

In general, there are 2 therapies that can be used to relieve anxiety, namely pharmacological therapy (therapy using drugs) and non-pharmacological therapy (therapy without drugs). To reduce anxiety, pregnant women can use non-pharmacological therapy, one of which is by practicing prenatal yoga. Modification of prenatal yoga is needed to prevent the mother-to-be from injury, and maintain her comfort and safety (Sindhu, 2011). there are several benefits obtained, namely physical, mental, and spiritual benefits (Aprillia, 2019).

Objective

The purpose of this study was to determine the effectiveness of prenatal yoga in reducing anxiety in third-trimester pregnant women in Kelurahan Bangsal RW 2 Kediri

Method

This study used an experimental design with the aim of knowing the effectiveness of prenatal yoga in reducing anxiety in third-trimester pregnant women in Kelurahan Bangsal RW 2 Kediri. Data collection is carried out from 14 to January 30, 2020

Results

This researcher presents data on the effectiveness of prenatal yoga in reducing anxiety in third-trimester pregnant women in Kelurahan Bangsal RW 2 Kediri.

Table 1 Frequency Distribution of Anxiety Data Characteristics in Third Trimester Pregnant Women in Bangsal RW 2 Kediri Before being given Prenatal Yoga

NO	ANXIETY	FREQUENCY	PRESENTATION
1	Mild	3	8,6 %
2	Medium	7	20 %
3	Severe	25	71,4 %
TOTAL		35	100 %

Based on Table 1, most of the anxiety experienced by pregnant women in the third trimester in the Bangsal RW 2 Kediri was severe anxiety as many as 25 respondents (71.4%)

Table 2 Frequency Distribution of Anxiety Data Characteristics in Third Trimester Pregnant Women in Bangsal RW 2 Kediri After being given prenatal yoga

NO	ANXIETY	FREQUENCY	PRESENTATION
1	Mild	32	91,4 %
2	Medium	3	8,6 %
3	Severe	0	0 %
TOTAL		35	100 %

Based on Table 2, the majority of anxiety experienced by pregnant women in the third trimester in the Bangsal RW 2 Kediri after doing prenatal yoga was mild anxiety among as many as 32 respondents (91.4%).

Table 3 The effectiveness of prenatal yoga in reducing anxiety in third-trimester pregnant women in Kelurahan Ward RW 2 Kediri

Test Statistics

	Post Test Pre Test
Z	5.245
Asymp. Sig (2-tailed)	.000

- Based on positive rank
- Wilcoxon Signed Ranks Test

Based on the table 3 above, the results of the Wilcoxon statistical test $P = 0.000$ can be concluded that prenatal yoga is effective in reducing anxiety in third-trimester pregnant women

Discussion

Identifying Anxiety that occurs in third-trimester pregnant women in Bansal RW 2 Kediri

Based on the results of research that has been carried out, it was found that the anxiety of pregnant women in the third trimester before prenatal yoga was carried out, it was found that most of the severe anxiety were 25 respondents (71.4%), and moderate anxiety was among 7 respondents (20%) and mild anxiety was 3 respondents (8.6%)

Anxiety according to Meihartati, (2019) is a disorder that occurs in the realm of feelings characterized by deep and sustainable fear or worries, no disturbance in assessing reality, undisturbed personality, and disturbing behavior but still within normal limits. Anxiety is divided into 4, namely mild anxiety, moderate anxiety, severe anxiety, and panic (Mardjan, 2016). During the third trimester, pregnant women who are waiting for delivery can experience anxiety, anxiety arises due to thinking about whether the delivery is normal or cesarean (Lestari et al., 2019).

Based on the data obtained that third trimester pregnant women experience severe and moderate anxiety that occurs because the respondent is a primigravida pregnant woman, whereas a primigravida pregnant woman is a mother who has never experienced pregnancy or childbirth. In accordance with the Aprilia theory, (2019) which states that mothers who are pregnant for the first time will feel stress, anxiety, doubt, worry, and other negative emotions. The anxiety that is felt has an impact on the mother's physical, which can be seen in daily activities, namely being more sensitive and irritable, feeling tense during a pregnancy, difficulty in starting sleep, restlessness, hesitation, unable to focus attention, and even the possibility of running away from sleep. The reality of life.

Analyzing the Effectiveness of Prenatal Yoga in Reducing Anxiety in Third Trimester Pregnant Women in Ward RW 2 Kediri

Based on the results of research on third-trimester pregnant women after doing prenatal yoga, the majority experienced mild anxiety as many as 32 respondents (91.4 %), and moderate anxiety as many as 3 respondents (8.6%). Based on the results of the Wilcoxon statistical test $p = 0.000$.

Doing prenatal yoga while pregnant is useful for preparing the body and mind to be ready for childbirth and breastfeeding. Practicing prenatal yoga before giving birth, it will result in joint flexibility. So that opening during childbirth is neither too painful nor difficult (Munthe, 2019). According to Aprillia, (2019) Prenatal yoga that is done regularly by pregnant women will reduce anxiety well so that on the day the baby is born, the mother will feel calmer and can regulate breathing patterns regularly. There are several things that need to be prepared

before doing prenatal yoga, one of which is to wear comfortable clothes and if there is bleeding or contractions, stop immediately and immediately consult a gynecologist. The equipment used in practicing yoga is a yoga mat, foam, thick blankets, towels, chairs, and yoga bolsters.

Prenatal yoga is very influential in reducing anxiety in third-trimester pregnant women. Prenatal yoga can help pregnant women who are feeling stressed, especially when they are pregnant for the first time. Changes that occurred in the journal belonging to Novelia et al., (2019) before prenatal yoga was carried out, experienced moderate and severe anxiety, after the action, the anxiety changed to mild anxiety and not anxiety. Bingan's journal, (2019) stated that severe anxiety (54.8%) before the action was taken after the action, severe anxiety decreased to mild anxiety (58%). In the 11 journals reviewed, there are several movements in doing prenatal yoga. Prenatal yoga movements that are carried out consist of relaxation, adjusting posture, processing breath, and meditation for 1 hour/day. There are many benefits obtained by doing prenatal yoga, besides being able to reduce anxiety, doing prenatal yoga can also establish communication between the mother and her fetus, accelerate physical recovery and overcome postpartum depression, and increase stamina and body strength during pregnancy. The relaxing effect produced when doing prenatal yoga can increase blood circulation throughout the body so that the heart works well.

Conclusion

Anxiety in third-trimester pregnant women who have not done prenatal yoga experience severe and moderate anxiety. Meanwhile, after doing prenatal yoga, there was a decrease in anxiety to mild and not anxious. The results of the prenatal yoga actions that are carried out are very influential in reducing anxiety in pregnant women in the third trimester.

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