
| RESEARCH ARTICLE

The Role of Yoga Exercises on the Level of Anxiety in Pregnant Women at the Bondowoso Health Center

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| ABSTRACT

Anxiety is overthinking something that has not happened yet. The anxiety of pregnant women can arise because the long wait for birth is full of uncertainty. Much anxiety occurs in pregnant women who are nearing the time of delivery. This study aims to determine prenatal gentle yoga's effect on the anxiety level in third-trimester pregnant women facing childbirth in PMB, Wringin District. The type of research used includes quasi-experimental research (quasi experiment) with pre-test and post-test with control group design. The sampling technique used was systematic random sampling. The research sample was 60 pregnant women divided into two control groups, 30 pregnant women. The analysis used is bivariate analysis. The results showed a significant effect on the intervention group after gentle prenatal yoga was performed, with a sign of value 0/000. The conclusion of this study shows that there is an effect of prenatal gentle yoga on the level of anxiety in third-trimester pregnant women facing childbirth.

| KEYWORDS

Prenatal Gentle Yoga, anxiety, pregnant women

| ARTICLE INFORMATION

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1. Introduction

Pregnancy is a physiological phenomenon that begins with conception and ends with the birth process (Patriasari, 2009). Pregnant women experience significant changes in physiological and psychological functions, and the process of adjusting to this new situation often causes anxiety (Aprianawati & Sulistyorini, 2007).

Anxiety is an emotional state characterized by physiological arousal, unpleasant feelings of tension, and feelings of fear, prejudice, or premonition (Hawari, 2011). Anxiety disorder is a severe anxiety disorder that can result in premature birth for pregnant women, according to Hoang (2004). Anxiety can result from worrying about the upcoming delivery and preparing for the baby's needs. Anxiety as a response to stress can stimulate the body to find it difficult to relax because the muscles become tense and the heart beats fast, and it is difficult for pregnant women to relax and then have sleep problems. (Wahyuni, 2017). Pregnant women have anxiety because of the long waiting period for birth, which is full of uncertainty and thoughts about scary things during the delivery process. This fear is often felt in the first or primigravida pregnancies, especially in the face of childbirth (Kartono, 2007). The psychological burden on a pregnant woman is more common in the third trimester than in the first and second trimesters (Buckwalter & Simpson, 2002).

In a previous study in 2019, pregnant women who experienced anxiety in the severe anxiety category before doing yoga were 69.7%. Furthermore, after doing yoga, the intervention went down to mild anxiety.

According to WHO (2022), around 10% of pregnant women experience depression, and this condition will be higher in developing countries, reaching 15.6% during pregnancy and 19.8% after childbirth. The incidence of anxiety in pregnant women in Indonesia reaches 71.9%, and one of them is anxiety in facing childbirth. In Malaysia, research data shows that 23.4% of pregnant women experience anxiety.

Mothers about to give birth are physically and mentally ready, so the pain from contractions in labor can be much reduced. To get it all, various efforts are needed, one of which is that we can do it with Prenatal Gentle Yoga.

Prenatal Gentle Yoga is a form of exercise specially designed for pregnant women. When pregnant women train their bodies and breathe with Prenatal Gentle Yoga, they will get many physical and mental benefits. So Prenatal Gentle Yoga can be a solution so that pregnant women's anxiety in facing childbirth can be reduced because yoga is a sport that harmonizes the breath, soul, and body (Aprilia, 2020).

Yoga movements, or asanas, mean a state of the body that remains steady, calm, relaxed, and comfortable physically and mentally. Asana is a posture that is upright, steady, and at the same time comfortable, and straightforward. Asanas specifically study specific body postures that affect the body's overall system. Physically practicing asanas will help grow the body's muscles and improve the health and function of the organs in the body. In addition, practicing asanas will mentally impact the mind so that it strengthens concentration power and memory power, reduces anxiety, and is much more enthusiastic (Suparta & Astrina, 2022). Spiritually starting gentle yoga movements accompanied by regular breathing, with total concentration, will produce a physically and mentally healthy body to improve the quality of worship to ALLAH SWT. (Wiese et al., 2019) his research also confirmed that practicing yoga asana regularly at least two times a week can positively affect physical, mental, emotional, and spiritual health. When practicing yoga, asanas are more effective in the morning or evening.

According to Aprilia (2020), the following Eight Keys to Success in Prenatal Gentle Yoga are techniques for success in yoga during pregnancy.

1. Knowledge
2. Mindfulness and awareness
3. Trauma healing
4. Breath
5. Relax the mind
6. Mind, body, and baby balance

Breath is an essential part of practicing yoga. Because the purpose of breathing exercises is to distribute prenatal energy throughout the body. Routine breathing exercises will calm the mind, increase immunity and increase endorphin levels so that pain decreases and gives a feeling of comfort (Aprilia, 2022)

At the breathing stage, in the intervention group, the researcher taught breathing techniques by silently saying the sentence *Subhanallah* during inspiration and silently saying *Alhamdulillah* during expiration. So that the combination of yoga movements, breathing, sentences, *Subhanallah*, and *Alhamdulillah* can reduce anxiety in pregnant women to the maximum.

2. Methods

This study used a quasi-experimental research design with pre and post-tests with a control group design. The research location was in 3 PMBs of Wringin District, Bondowoso Regency.

The number of samples was 60 third-trimester pregnant women divided into two groups, namely 30 pregnant women in the control group and 30 pregnant women in the intervention group. The sampling technique used is Systematic Random Sampling. Measurement of the anxiety of third-trimester pregnant women was carried out two times using the STAI questionnaire sheet. The intervention was carried out four times within two weeks and was trained by a certified yoga instructor. Data analysis used a bivariate analysis test to determine the relationship or influence of the two variables. Furthermore, the statistical test used was the T-test. The final results of the study showed that there was an effect of Prenatal Gentle Yoga on the level of anxiety in third-trimester pregnant women facing labor because the significance value was <0.05 .

3. Results and Discussion

The research location was in Three Independent Midwives' Practices in Wringin District, Bondowoso Regency. The three PMBs are Delima Midwife PMBs that are standardized according to the checklist and are monitored and evaluated yearly. So it is feasible to be a place of research.

PMB Ita Sunik Rahmawati was used as a place for Yoga practice for the intervention group because the PMB midwife was a Prenatal Gentle Yoga facilitator. ANC examination was conducted on pregnant women in the control group in the other two PMBs.

3.1. General Data

Respondent Frequency Distribution based on Age in the intervention group and the control group

Table 3.1 Intervention Group

No	Age	Frequency	Percentage (%)
1	< 20 years	2	6.7
2	20-35 years	26	86.7
3	>35 years	2	6.6
Total		30	100

Based on table 3.1, it was found that the majority of respondents aged 20-35 years were 26 people (86.7%).

Table 3.2 Control group

No	Age	Frequency	Percentage (%)
1	< 20 years	3	10
2	20-35 years	25	83.3
3	>35 years	2	6.7
Total		30	100

Based on table 3.2, it was found that the majority of respondents aged 20-35 years were 25 people (83.3%)

Table 3.3 Intervention Group

No	Level of Education	Frequency	Percentage (%)
1	Not attending school	0	0
2	Elementary school graduates	2	6.7

3	school graduates	22	73.3
4	High school graduates	6	20
Total		30	100

Based on table 3.3, it is found that pregnant women are mostly junior high school graduates, namely 73.3%.

Table 3.4 Control Group

No	Education Level	Frequency	Percentage (%)
1	Not attending school	0	0
2	Elementary school graduates	4	13.3
3	school graduates	20	66.7
4	High school graduates	6	20
Total		30	100

Based on table 3.4, it was found that the majority of pregnant women graduated from junior high school, namely 66.7%.

Table 3.5 Intervention Group

No	Occupation	Frequency	Percentage (%)
1	Housewife	25	83.3
2	Entrepreneur	5	16.7
3	laborer/farmer	0	0
Total		30	100

Based on table 3.5 above, it was found that the majority of respondents were from 25 households (83.3%).

Table 3.6 Control Group

No	Occupation	Frequency	Percentage (%)
1	Household	27	90
2	Entrepreneur	3	10
3	laborer/farmer	0	0
Total		30	100

Based on table 3.6, it was found that most of the respondents were 27 housewives (90%).

Table 3.7 Control Group

No	Pregnant	Frequency	Percentage (%)
1	Primi	20	66.6
2	Multi	10	33.4
Amount			100

Based on table 3.7, it is known that the number of primipars is 66.6%.

Table 3.8 Intervention Group

No	Pregnant	Frequency	Percentage (%)
1	Primi	17	56.6
2	Multi	13	43.4
Amount			100

Based on table 3.8, it is known that the number of primipars is 56.6%.

3.2. Special Data

Frequency Distribution of Respondents based on the level of anxiety in the intervention group and the control group

Table 3.9 Intervention Group

No	Anxiety level	Pre-test		Post-test	
		N	%	N	%
1	Mild anxiety	5	16,7	19	63,3
2	Moderate anxiety	24	80	11	36,7
3	Worried	1	3,33	0	0
Total		30	100	30	100

Based on table 3.9, it was found that most of the respondents experienced moderate anxiety, as many as 24 people or 80%, during the pretest. After the intervention, the results of the post-test showed a decrease in anxiety to mild anxiety by 63.3%.

Table 3.10 Control Group

No	Anxiety level	Pre-test		Post-test	
		N	%	N	%
1	Mild anxiety	0	0	1	3.33
2	Moderate anxiety	27	90	27	90
3	Severe anxiety	3	10	2	6.66
Total		30	100	30	100

Based on table 3.10, the results showed that there was no significant decrease between the pre-test and post-test.

4. Results of Data Analysis

From the results of the data normality test using the Kolmogorov Smirnov normality test with expected distribution results, because the value obtained was > 0.05 so, to analyze the data, the researchers used a parametric statistical test, namely the independent t-test. Furthermore, the value obtained is sig (2-tailed) <0.05, which is 0.000. It can be concluded that there is a significant difference between the average results of anxiety levels in the intervention group and the control group.

5. Discussion

Specific data in the intervention group showed that before yoga practice, 24 pregnant women experienced moderate anxiety (80%), and after the intervention, only 11 pregnant women experienced moderate anxiety (36.7%), while in the intervention group control, moderate anxiety, as many as 27 pregnant women, and during the post-test, there were still 27 pregnant women, meaning that there was no decrease in anxiety levels. Prenatal Yoga specially designed for pregnant women can have a positive impact physically and psychologically.

The Prenatal Gentle Yoga technique in this study emphasizes breathing more. Breathing and relaxation exercises are beneficial for calm and comfort so that the psychological condition of pregnant women can be more stable. In theory, when breathing deeply,

a cardiopulmonary stretch stimulates the parasympathetic nerves to be active. The neurotransmitter is released, and systemic vasodilation occurs. This makes the mother feel comfortable and calm.

According to researchers, Yoga for pregnant women, with gentle movements adapted to the gestational age, and adapted to the conditions of pregnant women, does provide significant benefits in reducing anxiety during pregnancy and even during pregnancy Labor. Because Yoga that is done regularly will have physical and psychological effects on the delivery process, the mother remains calm despite contractions, is not hysterical in pain, remains cooperative, and, most importantly, can process her breathing to the fullest, even without being guided by birth attendants.

What is different from this study compared to previous research studies is that researchers train pregnant women to breathe calmly and deeply and instruct them when they inhale, pregnant women are asked to say the sentence *Subhanallah* and when they exhale to say *Alhamdulillah* in their hearts. So that when breathing, pregnant women focus on these two sentences and can concentrate more. Feeling that Allah is closer, the mother becomes calmer, and anxiety will decrease significantly.

6. Conclusion

Anxiety is overthinking something that has not happened yet. The anxiety of pregnant women can arise because the long wait for birth is full of uncertainty. Much anxiety occurs in pregnant women who are nearing the time of delivery. This study aims to determine prenatal gentle yoga's effect on the anxiety level in third-trimester pregnant women facing childbirth in PMB, Wringin District. Based on the results of research conducted in general, it can be concluded that there is an effect of Prenatal Gentle Yoga on the level of anxiety in third-trimester pregnant women facing labor.

6.1 Suggestions

Extracurricular activities Prenatal Gentle Yoga Midwifery service institutions are expected to provide yoga services to pregnant women. Researchers should improve their skills regarding Prenatal Gentle Yoga.

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