

## The Influence of Yoga Exercise on Mother's Anxiety Pregnant Trimester III in the Working Area of the Puskesmas Alas

Herni Hasifah<sup>1</sup>, Nur Arifatus Sholihah<sup>2</sup>, Iga Maliga<sup>3</sup>, Rafi'ah<sup>4</sup>, Ana Lestri<sup>5</sup>

<sup>1,2</sup> Prodi S1 Kesehatan Masyarakat, STIKES Griya Husada Sumbawa

<sup>3,4</sup> Prodi S1 Keperawatan, STIKES Griya Husada Sumbawa

<sup>5</sup> DIII Kebidanan, STIKES Griya Husada Sumbawa

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#### Email

[yenihatifah@gmail.com](mailto:yenihatifah@gmail.com)

[arifatus93@gmail.com](mailto:arifatus93@gmail.com)

[igamaliga0708kaskus@gmail.com](mailto:igamaliga0708kaskus@gmail.com)

[rafiahstikesghsgmail.com](mailto:rafiahstikesghsgmail.com)

[analestari674@gmail.com](mailto:analestari674@gmail.com)

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### ABSTRACT

Antenatal care is one of the efforts that can be made by pregnant women so that the delivery goes smoothly with the aim of preparing for a physiological delivery so that the mother and child to be born are in good health. This research is a quantitative research. The population in this study were pregnant women who were in the working area of the Alas Health Center, totaling 30 people. The results showed that the highest level of anxiety for mothers before being given yoga exercises was at the level of severe anxiety (50%) and the level of anxiety for mothers after being given yoga exercises was mostly at moderate levels of anxiety (63.3%). And the results of the analysis show a 2-tailed value of 0.000, which means that there is an effect of yoga on the anxiety level of pregnant women.

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## 1. INTRODUCTION

During pregnancy, a mother's body experiences physical changes and psychological changes due to an increase in pregnancy hormones (Bobak, 2005). Labor is a normal physiological occurrence in life. In the delivery process, the mother plays a very important role, while the role of the health worker is to assist and detect any complications so that the delivery becomes comfortable and enjoyable. Childbirth can be done in two ways, namely normally and by surgery (Sumarah, et al, 2008).

The results of the Indonesian Demographic and Health Survey (IDHS) conducted from May to August 2012 stated that throughout the period 2007-2012 cases of maternal mortality jumped quite sharply. It is known, in 2012, MMR reached 359 per 100 thousand population, an increase of around 57 percent when compared to conditions in 2007, which was only 228 per 100 thousand population, MOH, RI (2009).

Worry and depression on pregnancy is a problem with prevalence high enough is around 12.5 - 42% even estimated this disturbance will become reason second biggest on year 2020 (WHO, 2008). Worry and depression on country proceed around 7 - 20% and in developing countries around more than 20% (Biaggi *et al*, 2016). One of the efforts that pregnant women can make so that the delivery goes smoothly can be done with antenatal care which aims to prepare for a physiological delivery with the aim that the mother and child to be born are in good health. Pregnant women are encouraged to do light exercise during pregnancy so that their wombs are healthy and reduce the problems that usually arise during pregnancy. One of the light sports options that pregnant women can take is yoga (RI, 2009).

Hall *et al*. (2016), say health mentally including pregnancy anxiety proven can reduction or it's gone through exercise physical and this needs to be promoted. One physical exercise recommended is yoga because the cost is low, easy to do and very beneficial for physique fitness and psychology (Shiraishi *et al*., 2016). Yoga more effective in lower worry and depression on normal pregnancy (Davis *et al*., 2015).

## 2. METHOD

This research is a quantitative pre-experimental study with a one group pretest design without a control group. The sample in this study amounted to 30 people. The sampling technique used is the total sampling technique.

## 3. RESULTS AND DISCUSSION

Table 1. Levels of Anxiety in Trimester III Pregnant Woman Before Given Yoga Intervention

Anxiety Level	N	%
Light	0	0
Currently	10	33,3
Heavy	15	50
Panic	5	16,7
<b>Total</b>	<b>30</b>	<b>100</b>

Based on table 1, it shows the anxiety level of third trimester pregnant women before being given the yoga exercise intervention, with a moderate anxiety level of 33.3%, 50% severe anxiety and 16.7% of women experiencing panic.

Table 2. Anxiety Levels of Third Trimester Pregnant Women After Being Given Yoga Intervention

Anxiety Level	N	%
Light	11	36,7
Currently	19	63,3
Heavy	0	0
Panic	0	0
<b>Total</b>	<b>30</b>	<b>100</b>

Based on table 2, it is known that the anxiety level of pregnant women in the third trimester after being given a yoga exercise intervention, with a moderate anxiety level of 63.3% and 36.7% mild anxiety

Table 3. Results of Analysis of the Anxiety Level of Trimester III Pregnant Women Before and After Being Given Yoga Intervention

Anxiety Level	Anxiety Level		Z	P Value
	Pretest	Posttest		
Light	0	36.7 %	-4,087	0.000
Currently	33.3 %	63.3 %		
Heavy	50 %	0		
Panic	16.7 %	0		

Based on table 3, a p value <0.05 is obtained, which means that there is an effect of yoga exercise on the anxiety level of third trimester pregnant women.

Decreased level of anxiety is the effect of yoga exercise which given 2 times a week for 1 month. Yoga exercise is a good way to prepare for childbirth because focus on training techniques muscle control, breathing techniques, relaxation and peace of mind. Technique relaxation that can be done in a way imagine something fun that can make the body to relax (Stoppard, 2008).

Physiologically, this yoga exercise will reverse the effects of stress involving the parasympathetic part of the central nervous system (Domin, 2001) . Breathing exercises and Relaxation is beneficial for serenity and comfort so psychological conditions pregnant women can be more stable. Techniques This relaxation is much in demand by mothers pregnant, because it is safe to do and able improve peace of mind so avoid feeling anxious. In accordance with Stuart's (2006) theory states that breathing with regular rhythm will be calming brain waves and relax all muscles and tissues of the body.

Research conducted by Somvir (2008), this yoga exercise can make someone lose incoming negative thoughts and growing in their minds, so they will evaluate back what they think. technique This yoga exercise also has exercises regulate breathing. Arrangement This breathing helps the individual to control the state of the body and state his mind so will be more relaxed, the mind becomes calm and emotions to be controllable as well as response released to be more stable.

The results of this study are the same as that of Wijayanti's research (2014) about the effectiveness of yoga pregnancy exercise to reduce anxiety Third trimester pregnant women show that there is an average difference decreased anxiety with paired sample test before and after yoga pregnant exercise on the first day as much as 6.86%, at the second day as much as 3.60% and on the third day as much as 1.46% with bivariate analysis showing a p value = 0.000, so that This shows that there is a difference in decreasing anxiety on the day first and third day before and after being given pregnancy exercise yoga.

#### 4. CONCLUSION

The results of the analysis of the level of anxiety obtained Asymp values. Sig. (2 tailed) of 0.000 so that it can be concluded that yoga exercises affect the anxiety level of third trimester pregnant women in facing labor. There before yoga exercise training is very important to be given to pregnant women. Furthermore, suggestions for pregnant women are expected to do yoga exercises to reduce anxiety levels and as a physical and mental preparation in preparation for childbirth later. As well as for health workers at the Alas Health Center it is hoped that it can facilitate pregnant women to obtain information related to efforts to deal with complaints encountered during pregnancy, especially ways so that pregnant women do not experience severe anxiety when approaching labor.

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