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Skripsi, Juli 2023
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**Pengaruh Prenatal Yoga Terhadap Pengurangan Kecemasan Ibu Hamil di
Desa Gogodalem Kecamatan Bringin Kabupaten Semarang**

ABSTRAK

Latar Belakang: Kehamilan berlangsung terjadi perubahan fisiologis dan psikologis menyebabkan ibu hamil mengalami kecemasan. Jika tidak diobati dapat menyebabkan komplikasi kehamilan dan persalinan. Tingkat kecemasan dapat diminimalisir dengan intervensi nonfarmakologi prenatal yoga. Berdasarkan studi pendahuluan pada 24 ibu hamil hari Sabtu, 18 Maret 2023 di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang, 15 (26,3 %) mengalami kecemasan dalam mempersiapkan persalinannya. Tujuan dari penelitian ini untuk mengetahui pengaruh prenatal yoga terhadap pengurangan kecemasan ibu hamil di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang.

Metode: Penelitian ini merupakan penelitian kuantitatif. Desain penelitian *Quasi Eksperimen* dengan *one group pre test post test design*. Populasi penelitian adalah seluruh ibu hamil trimester II dan III di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang sejumlah 20 bulan Mei 2023 dengan sampel 17 dengan teknik *purposive sampling*. Instrumen penelitian menggunakan SOP dan PRAQ-R2. Uji normalitas data dengan Uji *Shapiro Wilk* dan analisis statistik uji *Paired t Test*.

Hasil: Hasil penelitian menunjukkan sebelum dilakukan prenatal yoga ibu hamil trimester II dan trimester III rata-rata skor 31,24 (kecemasan sedang) dan setelah dilakukan prenatal yoga rata-rata skor 19,88 (kecemasan ringan). Hasil uji *Paired t Test* $p = 0,000$ berarti $p < 0,05$ yaitu H_a diterima.

Simpulan: Terdapat pengaruh prenatal yoga terhadap pengurangan kecemasan ibu hamil di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang.

Saran: Bagi ibu hamil trimester II dan III diharapkan dapat mengurangi tingkat kecemasan dengan melakukan prenatal yoga. Bagi bidan diharapkan menerapkan prenatal yoga dalam kelas ibu hamil dan membimbing untuk mengaplikasikan dirumah.

Kata Kunci : Prenatal yoga, Kecemasan, Ibu hamil

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Thesis, July 2023
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The Effect of Prenatal Yoga on Anxiety Reduction for Pregnant Women in Gogodalem Village, Bringin District, Semarang Regency

ABSTRACT

Background: Pregnancy takes place physiological and psychological changes cause pregnant women to experience anxiety. If left untreated it can lead to pregnancy and childbirth complications. Anxiety levels can be minimized with nonpharmacological prenatal yoga interventions. Based on a preliminary study on 24 pregnant women on Saturday, March 18, 2023 in Gogodalem Village, Bringin District, Semarang Regency, 15 (26.3%) experienced anxiety in preparing for childbirth. The purpose of this study was to determine the effect of prenatal yoga on reducing anxiety for pregnant women in Gogodalem Village, Bringin District, Semarang Regency.

Methods: This research is quantitative research. *Quasi-Experimental* research design with *one group pre test post test design*. The study population is all pregnant women in the second and third trimesters in Gogodalem Village, Bringin District, Semarang Regency on May 20, 2023 with 17 samples with *purposive sampling techniques*. The research instrument uses SOP and PRAQ-R2. Test data normality with *Shapiro Wilk Test* and statistical analysis *of Paired t Test*.

Results: The results showed that before prenatal yoga pregnant women in the second and third trimesters had an average score of 31.24 (moderate anxiety) and after prenatal yoga an average score of 19.88 (mild anxiety). Paired test result *t Test* $p = 0.000$ means $p < 0.05$ i.e. H_a is accepted.

Conclusion: There is an influence of prenatal yoga on reducing anxiety for pregnant women in Gogodalem Village, Bringin District, Semarang Regency.

Advice: For pregnant women in the second and third trimesters are expected to reduce anxiety levels by doing prenatal yoga. Midwives are expected to apply prenatal yoga in pregnant women's classes and guide them to apply at home.

Keywords : Prenatal yoga, Anxiety, Pregnant women