

Universitas Ngudi Waluyo

Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan

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Megawati

NIM. 157222011

**PENGARUH PRENATAL YOGA TERHADAP TINGKAT KECEMASAN IBU HAMIL
TRIMESTER III DI RUMAH SAKIT PERTAMINA BALIKPAPAN**

ABSTRAK

Latar Belakang: Kecemasan ibu hamil meningkat menjelang pada trimester III karena takut dan nyeri persalinan. Prenatal yoga merupakan salah satu olahraga yang dapat dilakukan selama kehamilan yang berfokus pada tubuh, pikiran dan mental, yang sangat berguna bagi ibu hamil yang membuat sendi menjadi fleksibel, maupun menenangkan pikiran. Berdasarkan hasil studi pendahuluan yang dilakukan di Rumah Sakit Pertamina Balikpapan didapatkan jumlah kunjungan ibu hamil pada tahun 2020 sebanyak 522 ibu hamil, tahun 2021 sebanyak 600 ibu hamil, tahun 2022 sebanyak 670 ibu hamil dan periode Januari-Agustus 2023 sebanyak 715 ibu hamil. Penelitian ini bertujuan untuk mengetahui pengaruh prenatal yoga terhadap tingkat kecemasan ibu hamil trimester III di Rumah Sakit Pertamina Balikpapan.

Metode: Jenis penelitian menggunakan pra-eksperimen dengan pendekatan kuantitatif dengan rancangan *One Group Pre-test Post-test*. Populasi penelitian adalah ibu hamil trimester III di Rumah Sakit Pertamina Balikpapan pada bulan Agustus sebanyak 74 orang dan teknik

pengambilan sampel menggunakan *quota sampling* sebanyak 20 orang. Intervensi yang diberikan pada ibu hamil trimester III adalah prenatal yoga. Pengumpulan data menggunakan lembar kuesioner HARS. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *paired sample t test*.

Hasil: Gambaran tingkat kecemasan ibu hamil trimester III sebelum dilakukan prenatal yoga di Rumah Sakit Pertamina Balikpapan didapatkan nilai Mean sebesar 30,55. Gambaran tingkat kecemasan ibu hamil trimester III setelah dilakukan prenatal yoga di Rumah Sakit Pertamina Balikpapan didapatkan nilai Mean sebesar 14,40. Hasil uji statistik *paired sample t test* diperoleh $p \text{ value } (0,000) < \alpha (0,05)$ menunjukkan bahwa H_a diterima.

Simpulan: Terdapat pengaruh prenatal yoga terhadap tingkat kecemasan ibu hamil trimester III di Rumah Sakit Pertamina Balikpapan.

Kata Kunci: Prenatal Yoga, Kecemasan.

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Midwifery Study Program, Faculty of Health Sciences

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Megawati

NIM. 157222011

THE EFFECT OF PRENATAL YOGA ON THE ANXIETY LEVEL OF THIRD-TRIMESTER PREGNANT WOMEN AT PERTAMINA HOSPITAL BALIKPAPAN

ABSTRACT

Background: Pregnant women's anxiety increases towards the third trimester due to fear and labour pain. Prenatal yoga is an exercise that can be done during pregnancy that focuses on the body, mind, and mentality. It is very useful for pregnant women because it makes the joints flexible and calms the mind. Based on the results of a preliminary study conducted at Pertamina Balikpapan Hospital, it was found that the number of visits by pregnant women in 2020 was 522; in 2021, there were 600; in 2022, there were 670; and in the January–August 2023 period, there were 715 pregnant women. This research aims to determine the effect of prenatal yoga on the anxiety level of third-trimester pregnant women at Pertamina Hospital Balikpapan.

Method: This type of research uses a pre-experiment with a quantitative approach with a one-group pre-test and post-test design. The research population was 74 pregnant women in the third trimester at Pertamina Hospital Balikpapan in August, and the sampling technique used was quota sampling of 20 people. The intervention given to pregnant women in the third trimester is prenatal

yoga. Data collection used the HARS questionnaire sheet. Data analysis includes univariate analysis and bivariate analysis using the paired sample t test.

Results: *An overview of the anxiety level of pregnant women in the third trimester before prenatal yoga was carried out at Pertamina Hospital Balikpapan; the mean value was 30.55. The description of the anxiety level of pregnant women in the third trimester after prenatal yoga at Pertamina Hospital Balikpapan showed a mean value of 14.40. The statistical test results of the paired sample t test obtained a p value (0.000) $<$ α (0.05), indicating that H_a was accepted.*

Conclusion: *There is an influence of prenatal yoga on the anxiety level of third-trimester pregnant women at Pertamina Hospital Balikpapan.*

Keywords: *Prenatal Yoga, Anxiety.*

