

## Empowering Pregnant Women through Prenatal Yoga Assistance

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Artikel submit 22 November 2022

Artikel review 22 April 2023

Artikel accepted 28 April 2023

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### Abstract

Based on the results of research that 25% of pregnant women experience anxiety during the last three months before delivery and are at risk of complications in labour. The purpose of this activity is to prepare pregnant women in the second and third trimesters in facing physical and psychological changes and in facing childbirth. This activity aims to empower pregnant women through prenatal yoga training and assistance. This activity uses the Poedji Rochjati card instrument to monitor changes in anxiety and readiness for childbirth. The target of this activity is third-trimester pregnant women who are in the working area of the Sangkarah Surakarta health centre Results: after this activity, there was an increase in knowledge, skills, and motivation of prenatal yoga mothers as an effort to reduce pregnancy anxiety and preparation for childbirth with an average change of 20%-30% Conclusion: Empowerment with mentoring can change, knowledge skills, motivation and reduce anxiety

**Keywords:** prenatal yoga; anxiety; third trimester; pregnant

### Abstrak

Berdasarkan hasil penelitian bahwa 25% ibu hamil mengalami kecemasan selama tiga bulan terakhir menjelang persalinan dan beresiko terjadi komplikasi pada persalinan. Tujuan kegiatan ini adalah mempersiapkan ibu hamil trimester II dan III dalam menghadapi perubahan fisik dan psikologi serta dalam menghadapi persalinan. Metode dalam kegiatan ini adalah memperdayakan ibu hamil melalui pelatihan dan pendampingan prenatal yoga. Kegiatan ini menggunakan instrument kartu Poedji Rochjati untuk memantau perubahan kecemasan dan kesiapan menghadapi persalinan. Sasaran kegiatan ini adalah ibu hamil trimester III yang berada pada wilayah kerja puskesmas Sangkarah Surakarta

Hasil: setelah dilakukan kegiatan ini, ada peningkatan pengetahuan, ketrampilan, motivasi ibu prenatal yoga sebagai upaya penurunan kecemasan kehamilan dan persiapan persalinan dengan rerata perubahan sebesar 20%-30%

Kesimpulan: Pemberdayaan dengan pendampingan dapat mengubah pengetahuan, ketrampilan, motivasi serta penurunan kecemasan

**Kata kunci:** prenatal yoga; kecemasan; trimester ketiga; hamil

## **INTRODUCTION**

Pregnancy is a change that occurs in women physically and psychologically due to the development of the fetus in the female body. These changes will give rise to pregnancy hormones so that adaptation will interfere with the metabolism of the female body. During pregnancy, the changes that occur will create discomfort. Imagine the delivery process, the fetus's condition in the womb, and the baby's birth (Sulistiyarningsih & Rofika, 2020). Changes in pregnancy will occur for approximately 40 weeks or during the pregnancy process, especially psychological changes such as anxiety. Moreover, anxiety will increase before delivery. Therefore, pregnant women must be able to balance the mother's soul and fetal well-being so that there is no tension between the two, resulting in continuous stress (Devi & Renuka, 2020). Anxiety that occurs in pregnant women can be identified by changes in feelings of tension and physical changes (Fink, 2010). Pregnant women experience as much as 25% of anxiety during the last three months leading up to delivery (Vinicius et al., 2015). Anxiety in pregnant women is a severe medical problem and a perceived risk of complications (Dunkel-Schetter et al., 2016). The prenatal-related anxiety assessment (PrA) shows that perceived anxiety involves concern about the baby's health and safety, childbirth, and health and hospital experiences during pregnancy. Meanwhile, psychological stress arises when individuals find environmental demands beyond their adaptive response capacity (Hewett et al., 2017). Recently, there have been several studies that have found a prevalence (of posttraumatic stress disorder (PTSD) postpartum of 3.3% during pregnancy (Yildiz, Ayers, and Phillips, 2017).

Pregnant women in the second and third trimesters who experience physical and psychological changes require special assistance. The assistance was given to accept the situation he is experiencing now. Anxiety - anxiety that arises can make the mother stressed for a long time. Higher stress levels during pregnancy can cause mental disorders in the mother and inhibit the fetus's growth and development (Kusaka et al., 2016). One of the ways to deal with anxiety during pregnancy is to do prenatal yoga. Of course, it must be with the assistance and collaboration of experts. Prenatal yoga is very well done because it combines the movements of pregnant gymnastics with pregnancy yoga. The movement consists of the practice of breathing movements (pranayama), position (mudra), and meditation so that it can help relaxation during pregnancy and childbirth (Rusmita, 2015). Several studies have proven that yoga has significance for overcoming depression and anxiety in pregnant women (Lin et al., 2022).

From the problems found in the partner's place, the solution offered is to make prenatal yoga classes one of the ways given as a form of mentoring III trimester pregnant women with the value of the Poedji Rochjati Scorecard (KSPR) no more than equal to 10. The purpose of mentoring is to prepare pregnant women in the III trimester to face physical, psychological, and mental changes when the abdomen gets more prominent, and the delivery is passed. So that mothers can process and control negative thoughts that make mothers anxious during pregnancy and childbirth.

## GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS, AND TARGET SOLUTIONS

### General description

The anxiety experienced by the mother during the second and third-trimester pregnancy creates discomfort in the mother in enjoying her pregnancy. Various negative thoughts in mothers appear that make them unsure that their motherhood is healthy. Such thoughts will create prolonged stress that will later hinder the growth and development of the fetus. The changes experienced both physically and psychologically require unique accompaniment given to accept himself with the circumstances he is experiencing now.

### Problem

Increased anxiety in third-trimester pregnant women caused due to the fear of childbirth and the loss of children.

### Target solution

Empowering mothers in increasing knowledge, skills and motivation related to efforts to reduce anxiety in the third trimester of pregnancy.

## METHOD

Community service activities are carried out by mentoring pregnant women by making prenatal yoga classes for pregnant women in the III trimester with a KSPR value of no more than 10. Pregnant women are assisted to reduce anxiety during pregnancy and childbirth. Community service activities were conducted at the Sangkrah Health Center in Surakarta City, targeting ten third-trimester pregnant women. The stages carried out in community service are as follows:

#### 1. Preparation

The first step is to find problems for pregnant women in the third trimester.

#### 2. Intervention

The implementation of mentoring prenatal yoga classes for pregnant women in the third trimester with a KSPR value of no more than equal to 10 uses the lecture method to provide pregnancy education, discussion, and practice of prenatal yoga once every two weeks.



Figure 1 Prenatal Yoga Activity

### 3. Monitoring and evaluation

The evaluation was used by providing pretests and posttests in the form of 5 open-ended questions about providing health education about the physiology of pregnant women in the third trimester.

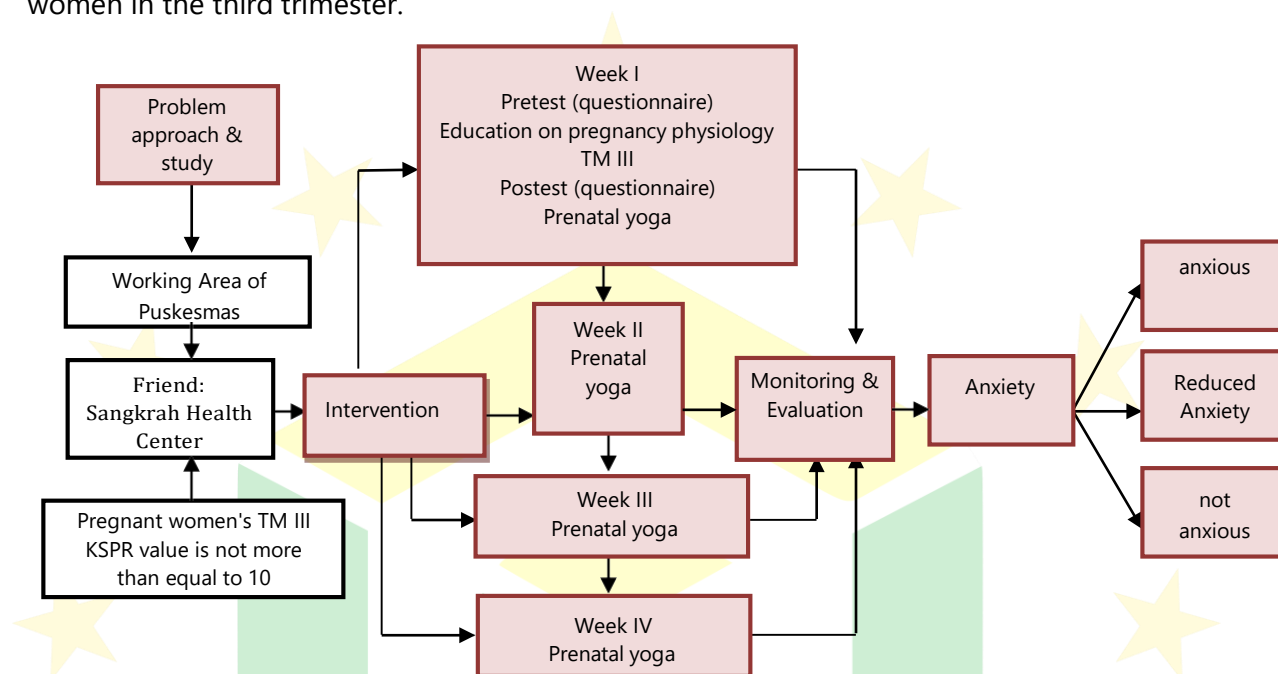


Figure 1 Step Chart – steps of Prenatal Yoga Class Implementation Activities

## RESULTS AND DISCUSSION

The results of the implementation of prenatal yoga class training activities are as follows:

Table 1 Frequency of Pregnant Wome

Gestational age of the mother	Age of the mother	GPA	Mother's complaint
32 weeks	34	G2P1A0	Swollen food
30+1 weeks	21	G1P0A0	Sore back
32 weeks	21	G1P0A0	Dizzy
28+6 weeks	38	G3P2A0	Insomnia
29 weeks	22	G1P0A0	Leuchorea
35 weeks	20	G2P1A0	Sore back
34 weeks	28	G2P1A0	Fear if SC
31+5 weeks	37	G2P1A0	Insomnia
29 weeks	24	G1P0A0	Nothing

Table 2 Results of prenatal yoga class activities based on signs and symptoms in pregnancy

Time in a week	Number of targets	Sign and Symptoms	
		Before taking prenatal yoga	After taking prenatal yoga
Week <sup>1st</sup>	10	Insomnia, swollen food, leucorrhea	Sleep becomes smooth, swelling of the legs decreases, and vaginal discharge decreases.
Week <sup>2nd</sup>	10	Nausea, no appetite	Nausea decreases, and appetite increases slightly
Week <sup>3rd</sup>	11	Anxious age is > 35 years old, backaches	Anxiety is reduced, and backaches can be resolved
Week <sup>4th</sup>	9	Insomnia, fear of SC	Sleep duration is already more than 2 hours before awakening, and the fear of SC is reduced.

Third-trimester pregnant women with a KSPR score of no more than equal to 10 who take yoga classes at most 21 years old. For 28 weeks of pregnancy, most prenatal yoga classes are one person. For pregnant women who are most present with the second pregnancy, as many as four people. Monitoring and evaluating the provision of physiological health education for third-trimester pregnancy that is present in community service activities show that all mothers become more aware and understand the physiology of pregnancy. This section is the central part of the community service article and is usually the longest part. All pregnant women who were present before knowing about the physiology of the third trimester had an excessive worry. Both mothers who were just pregnant first and the second and subsequent pregnancies stated that they had decreased significantly. Providing health education according to needs will reduce anxiety in pregnant women more effectively. Health education follows the needs of pregnant women for information before providing material, the purpose of care for pregnant women is met, and the focus of care is centred on pregnant women (Barry & Eggman – Levitan, 2012).

The health education provided to future mothers has a positive effect on reducing anxiety. Health education has a vital role in the psychological dimension of pregnant women because education affects the cognitive and processing systems by increasing awareness (Mojahed et al., 2021). The questions used to evaluate the results of health education regarding the physiology of III trimester pregnancy are shown in the following table:

Table 4 Result of knowledge level

No	Question	Prosentase	
		Pre-test	Post-test
1	What are the danger signs of the third trimester?	70%	100%
2	How to deal with back pain	80%	100%
3	What to prepare for breastfeeding the mother's baby?	90%	100%
4	How is the preparation for childbirth emergencies?	60%	100%



Table 4 shows an increase in the knowledge of pregnant women in the third trimester after being given education about the physiology of the III trimester. From the average knowledge before education, 73% increased to 100% after health education.

Monitoring used in prenatal yoga exercises in pregnant women in the third trimester with a KSPR value less than or equal to 10 is to use a control card. Monitoring and evaluation by concluding that mothers who practice prenatal yoga are progressing both physically and psychologically. Physically, complaints of pregnant women in the third trimester with discomfort are experienced due to weight gain, pregnancy hormones getting more complex and stronger, and the body load feeling heavier. All mothers who take part in prenatal yoga say that these complaints have been reduced because they can do daily movements more carefully. The result is shown in Table 3, Prenatal yoga class results. Psychologically, the anxiety experienced by pregnant women in the III trimester with a KSPR value of no more than equal to 10 has been resolved. All mothers who take prenatal yoga classes say that mothers can already accept the changes in the third trimester of pregnancy because mothers can already start processing emotions and enjoying their pregnancy.

Prenatal yoga is feasible and safe to reduce back pain during pregnancy and to maintain overall maternal health (Holden et al., 2019). Prenatal yoga is perfect for pregnant women and can improve maternal health during pregnancy, childbirth, and birth (Curtis et al., 2012). When anxiety and stress increase, prenatal yoga effectively improves psychosocial health in pregnant women. Prenatal yoga can reduce anxiety and stress during pregnancy (Akarsu & Rathfish, 2018).

## **CONCLUSIONS AND SUGGESTIONS**

Community service activities are carried out by mentoring pregnant women by making prenatal yoga classes for pregnant women in the third trimester with a KSPR value of no more than 10. Pregnant women are assisted to reduce anxiety during pregnancy and childbirth. The conclusions drawn from community service that has been carried out by monitoring and evaluating found that third-trimester pregnant women showed that mothers feel excessive worry (anxiety) about themselves by providing health education because they become more aware and understand. It turns out that what the mother has experienced so far with the complaint is natural.

With the feeling of anxiety and physical complaints experienced, it must be acceptable and psychologically processed so that the anxiety experienced does not continue. Therefore, pregnant women in the III trimester should do treatment with prenatal yoga exercises. The results of the evaluation of pregnant women in the III trimester doing prenatal yoga exercises resulted say that mothers can already accept changes in the III trimester of pregnancy. In addition, mothers can already start processing emotions and enjoying their pregnancy to reduce anxiety. Prenatal yoga practice should become a routine activity in maintaining the health of the mother and fetus to reduce the rate of pain and death in mothers and children. In addition, research on prenatal yoga must be conducted to develop health sciences.

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