

# HUBUNGAN TINGKAT PENGETAHUAN PRENATAL YOGA DENGAN MINAT IBU HAMIL TERHADAP KELAS PRENATAL YOGA DI PRAKTIK MANDIRI BIDAN SUTIRAH PURBALINGGA TAHUN 2022

Annisa Dwi Lestari<sup>1</sup>, Dian Puspitasari<sup>2</sup>

## INTISARI

**Latar Belakang:** Kehamilan merupakan pembuahan atau penyatuan sperma dan sel telur. Ibu hamil dapat mengalami perubahan fisiologis dan psikologis, perubahan tersebut menyebabkan ketidaknyamanan bagi ibu hamil salah satunya nyeri punggung dan dapat diatasi dengan prenatal yoga, beberapa manfaat yoga perlu diimbangi dengan pengetahuan karena tidak semua ibu hamil mempunyai pengetahuan tentang prenatal yoga apabila tingkat pengetahuan ibu hamil terhadap prenatal yoga tinggi, maka semakin tinggi juga minat ibu hamil terhadap kelas prenatal yoga.

**Tujuan** penelitian ini untuk mengetahui Hubungan Tingkat Pengetahuan Prenatal Yoga Dengan Minat Ibu Hamil Terhadap Kelas Prenatal Yoga Di Praktik Mandiri Bidan Sutirah Tahun 2022.

**Metode:** Jenis penelitian ini Kuantitatif Non Eksprimental dengan pendekatan Cross Sectional. Populasi dalam penelitian ini semua ibu hamil Trimester II dan Trimester III yang mengikuti kelas prenatal yoga dan yang hanya melakukan pemeriksaan kehamilan. Pengambilan sampel secara Total Sampling. Pengumpulan data menggunakan lembar kuesioner. Analisis data menggunakan Uji *Spearman Rank*

**Hasil:** menunjukkan terdapat hubungan yang signifikan antara pengetahuan dan minat ibu hamil terhadap kelas prenatal yoga. Dimana nilai  $P\text{-value } 0,000 < 0,05$ .

**Kesimpulan:** Terdapat hubungan pengetahuan dengan minat ibu hamil terhadap kelas prenatal yoga di PMB Sutirah Purbalingga Tahun 2022

**Kata Kunci :** Pengetahuan, Minat, Prenatal Yoga

<sup>1</sup>Mahasiswa Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Pembimbing Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

# THE RELATIONSHIP BETWEEN PRENATAL YOGA KNOWLEDGE LEVEL AND PREGNANT WOMEN'S INTEREST IN CLASSPRENATAL YOGA IN SELF PRACTICE MIDWIFE SUTIRAH PURBALINGGA YEAR 2022

Annisa Dwi Lestari<sup>1</sup> , Dian Puspitasari<sup>2</sup>

## ABSTRACT

**Background** Pregnancy is the fertilization or union of sperm and egg. Pregnant women can experience physiological and psychological changes, these changes cause discomfort for pregnant women, one of which is back pain and can be treated with prenatal yoga, some of the benefits of yoga need to be balanced with knowledge because not all pregnant women have knowledge about prenatal yoga if the level of knowledge of pregnant women The higher the prenatal yoga, the higher the interest of pregnant women in prenatal yoga classes.

**The purpose** of this study was to determine the relationship between the level of knowledge of prenatal yoga and the interest of pregnant women in prenatal yoga classes at the Sutirah Midwife Independent Practice in 2022.

**Method** This type of research was Quantitative Non-Experimental with a Cross Sectional approach. The population in this study were all Trimester II and Trimester III pregnant women who attended prenatal yoga classes and who only did pregnancy checks. Sampling by Total Sampling. Collecting data using a questionnaire sheet. Data analysis used the Spearman Rank Test

**The results** showed that there was a significant relationship between the knowledge and interest of pregnant women in prenatal yoga classes. Where is the P-value  $0.000 < 0.05$ .

**The conclusion** of this study is that there is a relationship between knowledge and pregnant women's interest in prenatal yoga classes at PMB Sutirah Purbalingga in 2022

**Keywords:** Knowledge, Interest, Prenatal Yoga

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<sup>1</sup>Student of Midwifery Study Program (S-1) Jenderal Achmad Yani University, Yogyakarta

<sup>2</sup>Supervisor of the Midwifery Study Program (S-1) Jenderal Achmad Yani University, Yogyakarta