

**PENGARUH PRENATAL YOGA TERHADAP KECEMASAN IBU
HAMIL MENGHADAPI *PELVIC GIRDLE PAIN (PGP)*
DI PUSKESMAS PLERET KABUPATEN BANTUL**

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INTISARI

Latar Belakang : *Pelvic girdle pain (PGP)* merupakan salah satu keluhan musculoskeletal yang umum terjadi selama kehamilan dan sering menimbulkan kecemasan pada ibu hamil akibat nyeri yang mengganggu aktivitas sehari-hari. Kecemasan yang tidak di tangani dapat berdampak negative terhadap Kesehatan ibu maupun bayi yang dilahirkan. Berdasarkan studi pendahuluan yang dilakukan di Puskesmas Pleret, diketahui bahwa 7 (70%) ibu hamil mengalami kecemasan menghadapi *pelvic girdle pain (PGP)* dan 3 (30%) ibu hamil tidak mengalami kecemasan dalam menghadapi *pelvic girdle pain (PGP)*. Salah satu terapi non-farmakologis yang efektif untuk menurunkan tingkat kecemasan dan meningkatkan kenyamanan ibu selama kehamilan adalah prenatal yoga.

Tujuan : Untuk mengetahui pengaruh prenatal yoga terhadap kecemasan ibu hamil menghadapi *pelvic girdle pain (PGP)* di Puskesmas Pleret Kabupaten Bantul.

Metode : Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain *pre-eksperimen* tipe *one group pretest-posttest design*, Metode analisis yang digunakan adalah uji non-parametrik *Wilcoxon Signed-Rank Test*.

Hasil : Hasil penelitian ini menunjukkan sebelum Intervensi mayoritas kecemasan ibu hamil menghadapi *pelvic girdle pain (PGP)* berada pada kategori kecemasan sedang (46,7%) dengan *mean* 22,27 (*SD* 6,057), dan *median* 21,00 (*Range* 15-41). Setelah intervensi mayoritas berada pada kategori kecemasan ringan sebanyak (66,7%) dengan *mean* 15,77 (*SD* 3,636) dan *median* 15,00 (*Range* 8-24). Uji *Wilcoxon* menunjukkan terdapat pengaruh prenatal yoga terhadap kecemasan ibu hamil menghadapi *pelvic girdle pain (PGP)* di Puskesmas Pleret Kabupaten Bantul dengan tingkat signifikansi sebesar 0,001 ($< 0,05$).

Kesimpulan : Prenatal yoga berpengaruh secara signifikan terhadap penurunan kecemasan pada ibu hamil, dari awalnya mayoritas mengalami kecemasan sedang hingga berat menjadi mayoritas dengan kecemasan ringan atau tanpa kecemasan setelah latihan. Hal ini menunjukkan bahwa prenatal yoga merupakan metode non-farmakologis yang aman dan bermanfaat dalam mengelola kecemasan selama kehamilan.

Kata Kunci : *Ibu hamil, Kecemasan, Prenatal Yoga*

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THE EFFECT OF PRENATAL YOGA ON ANXIETY IN PREGNANT WOMEN WITH PELVIC GIRDLE PAIN (PGP) AT PLERET COMMUNITY HEALTH CENTER IN BANTUL REGENCY

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ABSTRACT

Background : *Pelvic Girdle Pain (PGP)* is one of the common musculoskeletal complaints during pregnancy and often causes anxiety in pregnant women due to pain that interferes with their daily activities. Untreated anxiety may lead to negative impact on both the health of the mother and the baby. Untreated anxiety may lead to negative impact on both the health of the mother and the baby. A previous study conducted at Pleret Community Health Center revealed that 7 (70%) pregnant women experienced anxiety related to *Pelvic Girdle Pain (PGP)*, while 3 (30%) did not feel anxious when experiencing the condition. One form of non-pharmacological therapy proven to be effective in reducing anxiety levels and enhancing comfort during pregnancy is prenatal yoga.

Objective : The current study aims to determine the effect of prenatal yoga on the anxiety of pregnant women who experience *Pelvic Girdle Pain (PGP)* at the Pleret Community Health Center, Bantul Regency.

Methods : This was a quantitative study carried out by utilizing *pre-experimental* method with a one-group *pretest-posttest design*. Then, the analysis method employed was the non-parametric *Wilcoxon Signed-Rank Test*.

Results : The results of this study indicate that before the intervention, the majority of pregnant women's anxiety in facing *pelvic girdle pain (PGP)* was in the moderate anxiety category (46.7%) with a *mean of 22.27 (SD 6.057)*, and a *median of 21.00 (Range 15-41)*. After the intervention, the majority were in the mild anxiety category (66.7%) with a *mean of 15.77 (SD 3.636)* and a *median of 15.00 (Range 8-24)*. The *Wilcoxon test* showed that there was an effect of prenatal yoga on the anxiety of pregnant women facing *pelvic girdle pain (PGP)* at the Pleret Community Health Center, Bantul Regency with a significance level of 0.001 (<0.05).

Conclusion : Prenatal yoga significantly reduced anxiety in pregnant women, reducing the majority from moderate to severe anxiety to mild or no anxiety after practice. This demonstrates that prenatal yoga is a safe and beneficial non-pharmacological method for managing anxiety during pregnancy.

Keywords : *Pregnant women, anxiety, Prenatal Yoga*

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