

**PENGARUH PRENATAL YOGA TERHADAP TINGKAT  
KECEMASAN IBU HAMIL TRIMESTER III  
DALAM MENGHADAPI PERSALINAN  
DI BPM APPI AMMELIA  
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**INTISARI**

**Latar Belakang** : Ibu mengalami perubahan fisiologis dan psikologis. Menurut Yulianti et al, di Indonesia terdapat 56,5 % mengalami kecemasan pada wanita hamil trimester III. Untuk mengurangi kecemasan, maka ibu hamil bisa, merelaksasi diri, Latihan fisik serta meningkatkan olah nafas. Sehingga yoga hamil atau prenatal yoga bisa dilakukan.

**Tujuan** : Mengetahui apakah prenatal yoga mempengaruhi tingkat kecemasan ibu hamil trimester III menghadapi persalinan di BPM Appi Ammelia.

**Metode** : Ini adalah jenis penelitian kuantitatif yang memanfaatkan desain Pre-eksperimen dengan satu kelompok *pretest-posttest* tanpa kontrol. Uji statistik ini yaitu *Paired Sample T Test*.

**Hasil** : Uji normalitas didapatkan hasil berdistribusi normal mempergunakan uji Shapiro-wilk. Responden mengalami cemas ringan berjumlah 17 responden (70,8%). Dan berjumlah 7 responden (29,2%) mengalami cemas sedang. Sedangkan 21 (87,5%) responden setelah melakukan prenatal yoga tidak mengalami cemas. Berdasarkan uji *Paired Sample T Test* diperoleh *p value* < 0,001.

**Kesimpulan** : Adanya pengaruh prenatal yoga pada tingkat cemas ibu hamil trimester III dalam menghadapi persalinan di BPM Appi Ammelia.

**Kata Kunci** : *Prenatal Yoga, Tingkat Kecemasan, Ibu Hamil*

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**THE EFFECT OF PRENATAL YOGA ON THE ANXIETY  
LEVEL OF PREGNANT WOMEN IN THE THIRD  
TRIMESTER INFACING CHILDHOODAT  
BPM APPI AMMELIA  
2024**

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**ABSTRACT**

**Background:** Mothers experience physiological and psychological changes. According to Yulianti et al, in Indonesia there are 56.5% experiencing anxiety in third trimester pregnant women. To reduce anxiety, pregnant women can do things like do physical exercise, relax themselves and improve breathing. So it can be done with prenatal yoga.

**Objective:** To find out whether prenatal yoga affects the anxiety level of third trimester pregnant women facing childbirth at BPM Appi Ammelia.

**Method:** This research is a quantitative type of research with a pre-experimental design using one pretest-posttest group without control. The statistical test used is the Paired Sample T Test.

**Results:** The results of the data normality test were normally distributed using the Shapiro-Wilk test. Respondents experiencing mild anxiety were 17 respondents (70.8%). And 7 respondents (29.2%) experienced moderate anxiety. Meanwhile, 21 (87.5%) respondents did not experience anxiety after doing prenatal yoga. Based on the results of the Paired Sample T Test, the p value was <0.001.

**Conclusion:** The influence of prenatal yoga on the anxiety level of pregnant women in the third trimester when facing childbirth at BPM Appi Ammelia.

**Keywords:** *Prenatal Yoga, Anxiety Levels, Pregnant Women*

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