

# PENGARUH PRENATAL YOGA TERHADAP KECEMASAN IBU HAMIL TRIMESTER III DI PMB MARIBU PANINGSIH

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## INTISARI

**Latar Belakang:** Kecemasan merupakan masalah umum yang dialami ibu hamil, terutama pada trimester III menjelang persalinan. Salah satu terapi nonfarmakologis untuk menurunkan kecemasan adalah prenatal yoga, yang berfokus pada teknik pernapasan, meditasi, dan gerakan fisik ringan.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh prenatal yoga terhadap tingkat kecemasan ibu hamil trimester III di PMB Maribu Paningsih.

**Metode:** Penelitian ini menggunakan desain quasi experiment dengan pendekatan *one group pretest-posttest design*. Sebanyak 38 ibu hamil trimester III dipilih melalui teknik *purposive sampling*. Intervensi dilakukan sebanyak dua kali selama dua minggu, dengan durasi 60 menit per sesi. Instrumen pengukuran menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS).

**Hasil:** Hasil uji *Friedman* menunjukkan nilai signifikansi  $p \text{ value} = 0,000$  ( $p < 0,05$ ), yang berarti terdapat pengaruh signifikan antara tingkat kecemasan sebelum dan sesudah intervensi prenatal yoga.

**Kesimpulan:** Prenatal yoga efektif menurunkan tingkat kecemasan pada ibu hamil trimester III. Terapi nonfarmakologi ini dapat dijadikan terapi komplementer dalam pelayanan kebidanan.

**Kata Kunci:** *Ibu hamil, kecemasan, prenatal yoga, trimester III*

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**THE EFFECT OF PRENATAL YOGA ON ANXIETY OF THIRD  
TRIMESTER PREGNANT WOMEN  
AT PMB MARIBU PANINGSIH**

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***ABSTRACT***

**Background:** Anxiety is a common problem experienced by pregnant women, especially in the third trimester before labor. One of the non-pharmacological therapies to reduce anxiety is prenatal yoga, which focuses on breathing techniques, meditation, and light physical movements.

**Objective:** This study aims to determine the effect of prenatal yoga on the anxiety level of third trimester pregnant women at PMB Maribu Paningsih.

**Methods:** This study used a quasi experiment design with a one group pretest-posttest design approach. A total of 38 third trimester pregnant women were selected through purposive sampling technique. The intervention was conducted twice for two weeks, with a duration of 60 minutes per session. The measurement instrument used the Hamilton Anxiety Rating Scale (HARS) questionnaire.

**Result:** Friedman test results show a significance value of  $p \text{ value} = 0.000$  ( $p < 0.05$ ), which means there is a significant influence between anxiety levels before and after prenatal yoga intervention.

**Conclusion:** Prenatal yoga effectively reduces anxiety levels in third trimester pregnant women. This non-pharmacological therapy can be used as a complementary therapy in midwifery services.

***Keywords:*** *Anxiety, third trimester, pregnant women, prenatal yoga*

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