

**PENGARUH PRENATAL *GENTLE* YOGA TERHADAP
KECEMASAN IBU HAMIL MENGHADAPI PERSALINAN
DI PMB ROHANI WIDIYANTI BANTUL
YOGYAKARTA**

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INTISARI

Latar Belakang: Kehamilan merupakan masa dari waktu konsepsi hingga persalinan terjadi. Perubahan fisiologis dan psikologi yang terjadi selama kehamilan bisa mengakibatkan ketidaknyamanan yang dialami ibu hamil seperti kesulitan bernafas, gangguan tidur, sering buang air kecil, serta perineum tidak nyaman, sakit punggung, pengencangan pada perut, menegangnya otot kaki secara tiba-tiba, pembengkakan di kaki, perubahan suasana hati, dan cemas atau khawatir yang berlebihan.

Tujuan: Untuk mengetahui bagaimana Prenatal *Gentle* Yoga dapat mempengaruhi kecemasan ibu hamil saat menghadapi persalinan.

Metode: Menggunakan metode satu kelompok pretest posttest design. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh Prenatal *Gentle* Yoga Terhadap Kecemasan Ibu Hamil Trimester III di PMB Rohani Widiyanti Bantul Yogyakarta. Metode penelitian yang digunakan adalah eksperimen (quasi experimental), one group pretest and posttest design, jumlah responden 35 orang. Teknik sampling yang digunakan yaitu total sampling. Analisa univariat menggunakan distribusi frekuensi untuk mengetahui karakteristik responden, sedangkan analisis bivariat untuk mengetahui pengaruh antara dua variabel menggunakan uji wilcoxon.

Hasil: Berdasarkan hasil analisis data statistik yang dilakukan dengan uji wilcoxon menggunakan SPSS didapatkan nilai Asym. Sig. (2-tailed) yaitu 0,000 karena nilai $0,000 < 0,05$ sehingga keputusannya hipotesis H_0 ditolak dan H_1 diterima yang menunjukkan bahwa prenatal gentle yoga mempengaruhi kecemasan ibu hamil di PMB Rohani Widiyanti Bantul Yogyakarta.

Kesimpulan: Ada Pengaruh Prenatal *Gentle* Yoga Terhadap Kecemasan Ibu Hamil Menghadapi Persalinan di PMB Rohani Widiyanti Bantul Yogyakarta.

Kata Kunci: Kecemasan, Prenatal *Gentle* Yoga, Kehamilan Trimester III

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**THE EFFECT OF PRENATAL GENTLE YOGA ON THE ANXIETY
OF PREGNANT WOMEN FACING CHILDBIRTH AT PMB
ROHANI WIDIYANTI BANTUL
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ABSTRACT

Background: Pregnancy is the period from the time of conception to delivery. Physiological and psychological changes that occur during pregnancy can result in discomfort experienced by pregnant women such as difficulty breathing, sleep disturbances, frequent urination, as well as perenium discomfort, back pain, tightness in the abdomen, sudden tightness of the leg muscles, swelling in the legs, mood swings, and excessive anxiety or worry.

Objective: To find out how Prenatal Gentle Yoga can affect pregnant women's anxiety when facing childbirth.

Method: Using the method of one group pretest posttest design. The purpose of this study is to determine the effect of Prenatal Gentle Yoga on Anxiety of Pregnant Women in the Third Trimester at PMB Rohani Widiyanti Banjul Yogyakarta. The research method used was experimental (quasi Experimental), one group pretest and posttest design, the number of respondents was 35 people. The sampling technique used is total sampling. Univariate analysis uses frequency distribution to determine the characteristics of respondents, while bivariate analysis uses the wilcoxon test to determine the influence between two variables.

Result: Based on the results of statistical data analysis carried out by the wilcoxon test using SPSS, Asym values were obtained. Sig. (2-tailed) is 0.000 because the value of $0.000 < 0.05$ so the decision of the H_0 hypothesis is rejected and H_1 is accepted which shows that prenatal gentle yoga affects the anxiety of pregnant women at PMB Rohani Widiyanti Bantul Yogyakarta.

Conclusion: There is an Effect of Prenatal Gentle Yoga on Pregnant Women's Anxiety Facing Childbirth at PMB Rohani Widiyanti Bantul Yogyakarta.

Keywords: Anxiety, Prenatal Gentle Yoga, Pregnancy Trimester III

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