

**PENGARUH LATIHAN PERNAPASAN (*PRANAYAMA*) TERHADAP  
KECEMASAN MENGHADAPI PERSALINAN PADA IBU HAMIL  
TRIMESTER III DI PMB WATI SUBAGYA KABUPATEN  
SLEMAN YOGYAKARTA**

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**INTISARI**

**Latar Belakang:** Kehamilan trimester III seringkali memunculkan kecemasan yang signifikan menjelang persalinan. Kecemasan ini dapat berdampak negatif terhadap kesiapan ibu, baik secara fisik maupun psikologis. Data *World Health Organization* (WHO) menyebutkan bahwa sekitar 12 juta ibu hamil di dunia mengalami kecemasan pada trimester ketiga, dan 30% di antaranya mengalami komplikasi saat persalinan. Di Indonesia, prevalensi kecemasan pada ibu hamil mencapai 43,3%, dengan 48,7% di antaranya mengalami kecemasan menjelang persalinan. Salah satu metode non-farmakologis yang efektif untuk menurunkan kecemasan adalah latihan pernapasan (*pranayama*).

**Tujuan:** Mengetahui pengaruh latihan pernapasan (*pranayama*) terhadap kecemasan menghadapi persalinan pada ibu hamil trimester III di PMB Wati Subagya.

**Metode:** Penelitian ini menggunakan desain *quasi-eksperimen* dengan pendekatan *pretest-posttest with control group*. Sampel berjumlah 30 ibu hamil trimester III yang dipilih secara purposive sampling, terbagi dalam kelompok intervensi (n=15) dan kelompok kontrol (n=15). Pengukuran kecemasan menggunakan kuesioner *Hamilton Rating Scale for Anxiety* (HRS-A), dan analisis data dilakukan dengan Uji *Mann-Whitney*.

**Hasil:** Sebelum intervensi, mayoritas responden mengalami kecemasan sedang (46,7%) Setelah intervensi Latihan Pernapasan (*pranayama*), 80% responden dalam kelompok intervensi tidak lagi mengalami kecemasan, dan 20% mengalami kecemasan ringan. Uji *Mann-Whitney* menunjukkan nilai  $p=0,000$  ( $p<0,05$ ), artinya terdapat perbedaan signifikan antara kelompok intervensi dan kontrol.

**Kesimpulan:** Latihan pernapasan (*pranayama*) terbukti efektif menurunkan kecemasan menjelang persalinan pada ibu hamil trimester III dan dapat dijadikan sebagai terapi komplementer non-farmakologis dalam pelayanan kebidanan. Berdasarkan hasil penelitian latihan pernapasan (*pranayama*) memiliki pengaruh untuk mengatasi kecemasan menghadapi persalinan sebesar 65,01%.

**Kata Kunci:** *Pranayama, Kecemasan, Ibu Hamil, Persalinan, Trimester III*

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**THE EFFECT OF (*PRANAYAMA*) BREATHING EXERCISES ON  
LABOR ANXIETY IN THIRD TRIMESTER PREGNANT WOMEN  
AT PMB WATI SUBAGYA, SLEMAN, YOGYAKARTA**

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**ABSTRACT**

**Background:** The third trimester of pregnancy often triggers significant anxiety as childbirth approaches. This anxiety can negatively impact a mother's physical and psychological preparedness. According to the *World Health Organization* (WHO), approximately 12 million pregnant women worldwide experience anxiety during the third trimester, and 30% of them face complications during childbirth. In Indonesia, the prevalence of anxiety among pregnant women reaches 43.3%, with 48.7% experiencing anxiety before labor. One effective non-pharmacological method to reduce anxiety is breathing exercises (*pranayama*).

**Objective:** To determine the effect of breathing exercises (*pranayama*) on anxiety related to childbirth among third-trimester pregnant women at PMB Wati Subagya.

**Methods:** This study employed a quasi-experimental design with a pretest-posttest control group approach. A total of 30 third-trimester pregnant women were selected using purposive sampling, divided into an intervention group (n=15) and a control group (n=15). Anxiety was measured using the *Hamilton Rating Scale for Anxiety* (HRS-A), and data were analyzed using the *Mann-Whitney test*.

**Results:** Before the intervention, the majority of respondents experienced moderate anxiety (46.7%). After the pranayama breathing exercises, 80% of respondents in the intervention group no longer experienced anxiety, while 20% experienced mild anxiety. The *Mann-Whitney test* showed a p-value of 0.000 ( $p < 0.05$ ), indicating a significant difference between the intervention and control groups.

**Conclusion:** Breathing exercises (*pranayama*) are proven effective in reducing anxiety prior to childbirth in third-trimester pregnant women and can be recommended as a complementary non-pharmacological therapy in midwifery care. Based on the findings, pranayama breathing exercises had an impact of 65.01% in managing childbirth-related anxiety.

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