



EFFECTIVENESS OF PRENATAL YOGA ON THE INTENSITY OF PHYSICAL COMPLAINTS FOR PREGNANT MOTHERS

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ABSTRACT

Background: Physical complaints experienced by pregnant women can be felt from the beginning of pregnancy until delivery. As a result of the physiological changes in the natural. The intensity of physical complaints that can often interfere with the daily activities of pregnant women, can even lead to pathological things if not treated or minimized. Especially in the current pandemic era, pregnant women are more anxious to go to health workers. When a woman is pregnant there are various changes in her body, often various complaints arise, which may be prevented if the body is balanced and understands and is ready for these changes. Yoga is one way to prepare the body for the various changes that are experienced from the beginning of pregnancy. **Objective:** To determine the effectiveness of prenatal yoga on the intensity of physical complaints of pregnant women during the Covid-19 era in PMB Karawang Region. **Methodology:** Quasy experimental research with Case Control research type. The sample in this study amounted to 36 respondents. The sampling technique used was total sampling. The research instrument is a checklist. Data were analyzed using univariate and bivariate with t test. **Research Results:** There is an effectiveness of Prenatal Yoga on the intensity of physical complaints in pregnant women. **Conclusion:** There is a significant difference in the intensity of physical complaints of pregnant women who follow prenatal yoga with those who do not follow prenatal yoga

Keywords: Prenatal Yoga, Physical Complaints of Pregnant Women

INTRODUCTION

Physical complaints experienced by pregnant women can be felt from the beginning of pregnancy until delivery. As a result of the physiological changes in the natural. The intensity of physical complaints that can often interfere with the daily activities of pregnant women, can even lead to pathological things if not treated or minimized. Especially in the current pandemic era, pregnant women are more anxious to go to health workers.

When a woman is pregnant there are various changes in her body, often various complaints arise, which may be prevented if the body is balanced and understands and is ready for these changes. Yoga is one way to prepare the body for the various changes that are experienced from the beginning of pregnancy. (Yoga, 2021)

The first trimester of pregnancy is the beginning of pregnancy. It is in this week that the process of pregnancy is determined. The fetus develops in the

mother's womb, the emergence of physical complaints that are not always and should not be experienced by the mother during her young pregnancy such as feelings of nausea, back pain, fatigue, leg cramps, frequent urination, and constipation can occur in early pregnancy. Every different pregnancy has its own uniqueness. So not all pregnant women should or must experience the complaints as above. When pregnancy is in the second trimester, in general this trimester is a fun time because the mother has started to adapt to her pregnancy, the stomach is not too big so it is still comfortable to do activities, while nausea and vomiting have reduced so much that it is easier to eat. At times like this excess weight gain is common, because basically at week 26 the body's center of gravity shifts, the spine leans back while the lumbar spine leans forward. If you are overweight, the bones will get extra weight to support the body. For this reason, prenatal yoga is one of the sports for pregnant women because the focus in this trimester is on strengthening and balancing the spine, related to fetal growth and more burden on the spine and pelvis. In the last trimester or third trimester, pregnant women experience various complaints related to changes in their bodies and related to the birth process. And most of the complaints that pregnant women experience during pregnancy and during the delivery process can actually be prevented and overcome by doing prenatal gentle yoga. (Yoga, 2021)

Decreased physical complaints after prenatal yoga include muscle spasms, flatulence, tingling in the fingers and toes, shortness of breath, dizziness, leg cramps, constipation, insomnia, upper and lower back pain. Prenatal yoga is effective in reducing the physical complaints of pregnant women in the third trimester (Rafika, 2018). Regular yoga during pregnancy can reduce the discomfort of the third trimester of pregnancy. (Nurhayati, Simanjuntak and

Karo, 2019). There is a significant difference between the complaints of pregnant women before antenatal yoga and after antenatal yoga. (Enggar and Gintoe, 2019). The health condition of the mother before prenatal yoga experienced one to three pregnancy complaints as much as 69%, the remaining more than three complaints 31% while the mother's health condition after doing prenatal yoga 58.6% did not experience pregnancy complaints and 41% experienced one to three complaints due to pregnancy. (Islami and Ariyanti, 2019). Gentle yoga prenatal exercise is effective in reducing systolic blood pressure but not effective in reducing diastolic blood pressure. (Nurhidayah and Khotimah, 2020). There is a significant difference between the complaints of pregnant women before antenatal yoga and after antenatal yoga. Suggestions for the need for this gentle yoga prenatal program to be implemented in midwifery care, especially in the class of pregnant women. (Hamidiyanti and Pratiwi, 2020).

Based on routine data from the Directorate of Family Health in 2019 with the distribution of COVID-19 cases, there is a similar pattern where COVID-19 cases are very large in areas with high maternal mortality and high infant mortality, for example all provinces on the island of Java. This means that the intervention of maternal and child health services in accordance with the conditions of the COVID pandemic must be carried out optimally. Interventions must still be made with adjustments during the COVID-19 Pandemic so that the red zone of maternal, infant and toddler mortality does not get worse and the yellow/green zone does not turn red..('Kementrian kesehatan', 2021). In the current era of the COVID-19 pandemic, it is not only anxiety experienced by pregnant women but also physical complaints that add to the discomfort during pregnancy. In addition, since the pandemic, the government has implemented large-scale

social restrictions, which makes it difficult for pregnant women to carry out activities outside.

Based on the results of interviews with pregnant women in the Karawang area, namely PMB Marlina and Homecare Midwife Ute, 80% of pregnant women experience physical complaints quite often before participating in prenatal yoga. Pregnant women in the Karawang area follow prenatal yoga to reduce the physical complaints that pregnant women experience. By taking private or group classes, both online and in person. Usually the midwife comes to the house to become a yoga facilitator or pregnant women come to the midwife's place to participate in prenatal yoga. The purpose of this study was to determine the effectiveness of prenatal yoga on the intensity of physical complaints of pregnant women during the Covid-19 era in PMB Region

METHODS

The type of research used in this research is experimental. Experimental research or experiment is a study by conducting experimental activities (experimental) which aims to determine the symptoms or effects that arise. This type of research is a quasi-experimental or quasi-experimental research that has a control group but does not fully function to control external variables that affect the implementation of the experiment or experiment. The research used in this study was a pretest - posttest with control group design in which the control group and experimental group were grouped directly after attending prenatal yoga and one week after participating in prenatal yoga and the control group not participating in prenatal yoga. Researchers look for the relationship between one variable and another, by analyzing the data obtained. With a non-equivalent control group design approach, this design is almost the same as the pre-test post-test design with control group. The target population of this study were 18 pregnant

women in PMB Marlina Zarifa and Home Care midwife Ute. The selection of the BPM was determined based on the prenatal yoga services available in the Covid-19 era. The research sample in this study were pregnant women who were willing to become respondents and carry out examinations at PMB Midwife Marlinan and Homecare Midwife Ute, the total sample was 18. Consecutive sample selection was sample selection by determining subjects who met the research criteria to be included in the study for a certain period of time, so that the required quantity is met.

RESULT

Table 1. Frequency distribution of the intensity of physical complaints performed by prenatal yoga on 18 respondents

Intensity of Physical Complaints	Prenatal Yoga		Frekuensi (n)	Presentase %
	Before Prenatal Yoga	After Prenatal Yoga		
Low Complaint	Before Prenatal Yoga	After Prenatal Yoga	3	16,6
			17	94,4
High Complaint	Before Prenatal Yoga	After Prenatal Yoga	15	83,3
			1	5,5

Based on table 4 above, the results of the study with a frequency distribution of 18 respondents were carried out in the study, pregnant women with the intensity of physical complaints before doing prenatal yoga with high complaints as many as 3 people (16.6%) and low complaints as many as 15 respondents (83.3%), after attending prenatal yoga, pregnant women with low complaints were 17 respondents (94.4%) and 1 person had high complaints (5.5%).

Table 2. Frequency distribution of the intensity of physical complaints pre and post prenatal yoga after 1 week

Variabel	Frekuensi (n)			Presentase %		
	Pre	Post	Setelah 1Minggu	Pre	Post	Setelah 1Minggu
Low Complaint	3	17	17	16,6	94,4	94,4
High Complaint	15	1	1	83,3	5,5	5,5
Total	18	18	18	100	100	100

Based on the results of the study, the frequency distribution of the intensity of

physical complaints before and after prenatal yoga was performed after one week in table 5 above, the results from the frequency distribution of 18 respondents were studied, pregnant women with the intensity of physical complaints before doing prenatal yoga with low complaints were 3 people. (16.6%) and high complaints were 15 respondents (83.3%), after attending prenatal yoga, pregnant women with low complaints were 17 respondents (94.4%) and 1 person had high complaints (5.5%), and after 1 week of prenatal, low complaints were 17 respondents (94.4%).

Table 3. Prenatal yoga on the intensity of physical complaints in pregnant women

Intensitas Keluhan Fisik	Frekuensi (n)			Presentase %		
	Pre	Post	Kontrol	Pre	Post	Kontrol
Low Complaint	3	17	3	16,6	94,4	16,6
High Complaint	15	1	15	83,3	5,5	83,3
total	18	18	18	100	100	100

Based on the table above, the results obtained from the frequency distribution of 18 respondents who were researched, the intensity of physical complaints before doing prenatal yoga with low complaints was 3 people (16.6%) and high complaints were 15 respondents (83.3%), after attending prenatal yoga pregnant women with low complaints were 17 respondents (94.4%) and 1 person (5.5%), the intensity of physical complaints who did not follow prenatal yoga were 3 respondents (16.6%) and those who had high complaints were as many as 15 respondents (83.3%).

DISCUSSION

1. Frequency distribution of the intensity of physical complaints pre and post prenatal yoga performed in PMB Karawang area

Based on the results of the research obtained at the location of this study in PMB Midwife Marlina and Homecare Midwife Ute, Klari District and Cikampek District, Karawang Regency, West Java Province. This research entitled

"Effectiveness of Prenatal Yoga on the Intensity of Physical Complaints of Pregnant Women in the Covid-19 Era in PMB Karawang Region" was carried out and obtained a sample of 36 respondents consisting of 18 respondents in the group Participating in Prenatal Yoga and 18 respondents in the group Not Following Prenatal Yoga.

Based on table 4 above, the results with the frequency distribution of 18 respondents were carried out in the study, the average distribution of the intensity of pre and post physical complaints performed by prenatal yoga in PMB Karawang area pregnant women with the intensity of physical complaints before doing prenatal yoga with low complaints were 3 people (16.6%) and high complaints were 15 respondents (83.3%), after attending prenatal yoga, pregnant women with low complaints were 17 respondents (94.4%) and 1 person had high complaints (5.5%). There are significant changes after following prenatal yoga, the effectiveness of prenatal yoga on the intensity of physical complaints in pregnant women.

Based on the results of the paired sample test, it can be seen that the p-value = 0.000 ($p < 0.05$). This shows that there is a significant difference, namely the intensity of physical complaints before and after doing prenatal yoga. Namely, the intensity of physical complaints against pregnant women is reduced after participating in prenatal yoga. The movement calms the body and focuses the mind and releases stress and tension from the body, so that the body and mind become relaxed and the last is the practice of mind concentration, so that the body is invited to focus on a sense of calm. tranquility and maximum will be realized so that positive energy is collected in the body and a balance is achieved between the five elements of yoga. This state is called pranic harmonization through (Husin, 2017). Yoga exercise is a good way to prepare for labor in prenatal

classes because in this class the exercises are adapted to the condition of pregnant women with various approaches to stretching, concentration and breathing exercises that have many benefits for pregnant women and their fetuses such as reducing stress and anxiety, increasing sleep quality, increase the strength, flexibility and endurance needed for labor, decrease lower back pain, nausea, headaches and shortness of breath and reduce the risk of premature delivery, hypertension in pregnancy and impaired fetal growth (Wiadnyana dalam Fathia Nurul Rahma, 2014).

2. Distribution of the average intensity of pre and post physical complaints performed by prenatal yoga after one week

Based on the results of research at PMB Midwife Marlina and Homecare Midwife Ute, Klari District and Cikampek District, Karawang Regency, West Java Province. This research is entitled "Effectiveness of Prenatal Yoga on the Intensity of Physical Complaints of Pregnant Women in the Covid-19 Era in PMB Karawang Region." From 18 respondents, the study was conducted, pregnant women with physical complaints intensity before doing prenatal yoga with low complaints as many as 3 people (16.6%) and high complaints as many as 15 respondents (83.3%), after attending prenatal yoga pregnant women with low complaints as many as 17 respondents (94.4%) and 1 person with high complaints (5.5%), and after 1 week of prenatal yoga, low complaints were 17 respondents (94.4%).

The study was conducted before and immediately after doing prenatal yoga and after one week after doing prenatal yoga. Pregnant women who do not follow prenatal yoga experience more intensity of physical complaints and pregnant women after and one week of participating in prenatal yoga their complaints are reduced. The complaints of third trimester pregnant women that did not decrease

after antenatal yoga were shortness of breath, frequent urination, perineal discomfort, and edema. There were five respondents who had more complaints than before antenatal yoga was done. This is because of the characteristics of the pregnant woman who is more than 40 years old and pregnant with her fifth child. In pregnant women, there are physiological changes that are not only related to shape and weight, but also biochemical, physiological, and even emotional changes that are a consequence of the growth of the fetus in the womb. As the fetus grows and pushes the diaphragm up, the shape and size of the chest cavity changes but does not make it any smaller. Lung capacity for inspired air remains the same as before pregnancy or may change significantly. Respiratory rate and vital capacity did not change. Tidal volume, minute ventilatory volume, and oxygen uptake are increased. Because the shape of the thoracic cavity changes and because they breathe faster, about 60% of pregnant women complain of shortness of breath (Rafika, 2018)

3. Analyzing the effectiveness of prenatal yoga on the intensity of physical complaints in pregnant women.

Based on the results of the research obtained at the location of this study in PMB Midwife Marlina and Homecare Midwife Ute, Klari District and Cikampek District, Karawang Regency, West Java Province. This research entitled "Effectiveness of Prenatal Yoga on the Intensity of Physical Complaints of Pregnant Women in the Covid-19 Era in PMB Karawang Region" was carried out and obtained a sample of 36 respondents consisting of 18 respondents in the group Following Prenatal Yoga and 18 respondents in the group not following Prenatal Yoga

Based on Table 3 above, the results obtained from the frequency distribution of 18 respondents who were researched, the intensity of physical complaints before doing prenatal yoga

with low complaints was 3 people (16.6%) and high complaints were 15 respondents (83.3%), after following There were 17 respondents (94.4%) who had low complaints of prenatal yoga and 1 person (5.5%), the intensity of physical complaints who did not follow prenatal yoga with low complaints were 3 respondents (16.6%) and those who had high complaints were: as many as 15 respondents (83.3%).

From the results of the analysis of the effectiveness of prenatal yoga on the intensity of physical complaints of pregnant women, there is a significant difference between the intensity of physical complaints. Pregnant women who follow prenatal yoga and pregnant women who do not follow prenatal yoga, namely pregnant women who do not follow prenatal yoga have more physical complaints during pregnancy. . (Husin, 2017) Yoga exercise is a good way to prepare for labor in prenatal classes because in this class the exercises are adapted to the condition of pregnant women with various approaches to stretching, concentration and breathing exercises that have many benefits for pregnant women and their fetuses such as reducing stress and anxiety, improve sleep quality, increase strength, flexibility and endurance needed for labor, decrease lower back pain, nausea, headaches and shortness of breath and reduce risk of premature delivery, hypertension in pregnancy and impaired fetal growth (Wiadnyana dalam Fathia Nurul Rahma, 2014)

CONCLUSION

Pregnant women who follow prenatal yoga experience a reduction in the intensity of physical complaints compared to pregnant women who do not follow prenatal yoga. Pregnant women who do not follow prenatal yoga experience more intensity of physical complaints and pregnant women after one week of

participating in prenatal yoga reduce the intensity of physical complaints. There is the effectiveness of prenatal yoga on the intensity of physical complaints of pregnant women, there is a significant change between the intensity of physical complaints of pregnant women who follow prenatal yoga and pregnant women who do not follow prenatal yoga, namely pregnant women who do not follow prenatal yoga have more physical complaints during pregnancy.

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For further research, it is suggested to be able to redevelop the results of prenatal gentle yoga research that can reduce physical complaints in pregnant women and it is hoped that the Independent Practice of Midwives can open yoga classes for pregnant women so that they can overcome complaints during pregnancy and smoothly during childbirth.

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