

The Effect of Prenatal Gentle Yoga towards Reducing Level in Pregnant Women

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ABSTRACT

Pregnancy is a natural process that will be experienced by every woman in the world, every pregnant woman experiences discomfort during her pregnancy where the changes that occur are changes in complex physical and emotional conditions. The development from month to month requires the ability of a mother to adapt to physical and mental changes that occur, this requires antenatal care that aims to prepare pregnant women mentally for pregnancy, by doing prenatal gentle yoga, one of the self-help solutions that can support the pregnancy process until labor. Management strategies to reduce anxiety levels are needed, both pharmacologically and non-pharmacologically. Gentle yoga prenatal exercise is one of the complementary therapies that can be used as non-pharmacological therapy. Prenatal yoga is a mind management skill, in the form of overall personality development techniques both physically and psychologically and spiritually, including relaxation, adjusting breathing postures and meditation. Therefore, it is necessary to have literature review evidence that aims to determine the effectiveness of prenatal gentle yoga in reducing anxiety levels of pregnant women. This study is a literature review which includes a systematic search for computerized databases (research gate, pubmed, google scholar). Writing this article using Harvard bibliography writing. Based on eight research articles, it shows that prenatal gentle yoga which is routinely done twice a week for 30 minutes can effectively reduce anxiety levels in mothers during pregnancy.

Keywords: Prenatal Gentle Yoga, Anxiety, Pregnancy Women

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INTRODUCTION

Pregnancy is a natural process that will be experienced by every woman in the world, every pregnant woman experiences discomfort during her pregnancy where the changes that occur are changes in complex physical and emotional conditions, in pregnant women really need adaptation to lifestyle adjustments to the ongoing pregnancy process. In early pregnancy, there are often wide fluctuations in the emotional aspects that occur so that during early pregnancy there is a high risk for health problems for the mother and the fetus in her womb, One of the psychological disorders is the

reaction of excessive anxiety and fear during pregnancy, especially on things that are categorized as natural.

During the period during pregnancy, pregnant women often feel anxious about various things, such as complaints that arise during pregnancy, including nausea and vomiting, insomnia, weakness, pelvic pain, sweating and shortness of breath (Newham, J. J. et al. 2014) This is normal for primigravida and multigravida mothers. Even mothers also experience anxiety over the birth process going normally or not and whether the baby has a disability or not, the pain that will be felt, the closer the delivery schedule, especially in the first pregnancy. This is very natural to experience if feelings of anxiety or fear arise because it is the first experience especially for mothers who are pregnant for the first time, anxiety during pregnancy causes depression due to fear or even experiences trauma if during the birth process the baby has problems, so that the mother does not want to get pregnant again because of the trauma she has experienced in her previous history (Heardman, 2006).

Changes that occur psychologically in the first trimester such as feelings of rejection, disappointment, sadness and anxiety, while in the second trimester the mother begins to feel calm and able to adapt to her pregnancy, and occurs again in the third trimester, Psychological changes are increasing closer to delivery, anxiety and depression are caused by dysfunction in the pathways of the cortical area and the third limbic area which regulate the processes of mood, learning, focus and working memory related to coping mechanisms in each individual and improvement of the neurobiological system to overcome these problems. The right and safe solution for mothers during their pregnancy is a spiritual approach, meditation (Kartono, 2007) such as pregnancy exercise and yoga.

Yoga is a form of physical exercise that can help pregnant women feel comfortable in their pregnancy and until the delivery process, prenatal yoga is a mind management skill, in the form of overall personal development techniques both physically and psychologically and spiritually, including relaxation, adjusting breathing postures and meditation. that every pregnant woman can do at home. (Amalia, 2015).

Based on the above background, the authors are interested in making a literature review with the title of the effectiveness of prenatal gentle yoga on reducing anxiety levels in pregnant women.

MATERIALS AND METHODS

This study is a literature review that tries to explore the effect of prenatal gentle yoga on reducing anxiety levels in pregnant women, the sources for conducting this literature review include a systematic search of computerized databases (research gate, pubmed, google scholar) in the form of a journal.

RESULTS

Several studies have shown that there is an effect of prenatal gentle yoga on reducing anxiety levels in pregnant women, This can be seen in the following table:

Table 1. Judgment results from the literature review

Year	Author	Research purposes	Method	The Result
2021	Yuniza, Tasya, Suzan	The Effect of Prenatal Yoga on Anxiety in Third Trimester Pregnant Women	The method in this research is quasi experimental using pre and post test one group design	The results of this study indicate that there is an effect of prenatal yoga on anxiety in third trimester pregnant women seen from the P value with a value of 0.000 which means that the value is <0.05.
2020	Andi Sulastr	The Effectiveness of Prenatal Gentle Yoga on Anxiety Levels and Norepinephrine Hormone Levels in High-Risk Pregnant Women	The method in this research is quasi-experimental with the non equivalent control group design approach.	The results of the study showed that there was an effect of Prenatal Gentle Yoga on Anxiety Levels and Norepinephrine Hormone Levels in High Risk Pregnant Women, p value = 0.033 < (0.05)

2019	Eline Charla S. Bingan	The Effect of Prenatal Gentle Yoga in Lowering Levels Anxiety in Third Trimester Pregnant Women	The method in this research is quasi experimental using pre and post test one group design	The results of the study There is an Effect of Prenatal Gentle Yoga in Lowering Level Anxiety in Third Trimester Pregnant Women there is a significant effect with a p-value of 0.000 ($\alpha = 0.05$) which
2019	Sri Maharani, Fatihatul Hayati	The Effect of Prenatal Gentle Yoga on Anxiety Levels Pregnant Women Facing Childbirth	The method in this study used a pre-experimental design (One Group Pretest Design).	The results of the study There is an effect of prenatal gentle yoga on anxiety pregnant women in the face of labor with p-value <0.001 (95% CI). Prenatal gentle yoga significant effect on decreasing the level of anxiety of pregnant women in dealing with labor.
2018	Rafika	The Effectiveness of Prenatal Yoga on Reduction of Physical Complaintsin Third Trimester Pregnant Women	The method in this research is quasi-experimental with the non equivalent control group design approach.	The results obtained mean the difference between the pre-test and post-test measurements control group by -0.25; ($p=0.417>\alpha=0.05$). The results of the difference in mean values between measurements the pre-test and post-test of the intervention group were 3.5; ($p=0.000<\alpha=0.05$). And the difference results the difference in the average value of physical complaints in the control group and the intervention group is 3.75;
2018	Shinta Novelia, Tantri Wenny Sitanggang, Afnita Yulianti	Effects of Yoga Relaxation on Anxiety Levels among Pregnant Women.	This study employed a quasi-experimental	The results showed that there was a significant difference in the anxiety levels before and after the intervention in the experimental group ($t=7.56$, $p=0.005$), and there was a significant difference in the anxiety levels after the intervention between the experimental and control group ($t=-9.289$, $p=0.005$).
2015	Miftah Hariyanto	The Effect of Yoga Exercises on Anxiety Levels Third Trimester Pregnant Women	The method in this research is <i>retrospektive</i> experimental using pre and post test one group design	There is an effect of yoga exercise on the mother's anxiety level third trimester pregnant treatment ($p < 0.05$); there is no effect of yoga exercise on the level of anxiety of pregnant women in the third trimester,

the control group ($p > 0.05$) and there are differences in the level of maternal anxiety pregnant before and after exercise yoga ($p=0.002$).

DISCUSSION

Based on the literature review in the table shows that prenatal gentle yoga is significant in reducing anxiety, depression or stress, prenatal gentle yoga (yoga during pregnancy) is a type of modification of hartha yoga that is adapted to the condition of pregnant women, physically, mentally and spiritually for the pregnancy process. and childbirth, With careful preparation, it is hoped that pregnant women will be more confident and gain confidence in undergoing a smooth and comfortable delivery process so that they can reduce anxiety during pregnancy. According to (Mediarti et al, 2014), Yoga performed by pregnant women on a regular basis can provide many benefits for pregnant women and fetuses, including increasing the body of the baby being born, reducing the occurrence of premature birth and various pregnancy complications. Yoga exercises that can be done include various relaxation, adjusting postures (yoga asanas), breathing and meditation for one hour, all aspects of yoga practice bring the mother to a state of relaxation where the mother feels comfortable in body and mind, yoga can help pregnant women by providing tools needed for a comfortable pregnancy.

Anxiety in pregnant women can arise because the period when waiting for birth is full of uncertainty and shadows about scary things during the delivery process, This fear is often felt in the first pregnancy or primigravida, especially in the face of childbirth (Krisnadi 2010).

The results of this study are in accordance with (Sindhu's , 2014), that practicing yoga during pregnancy is a useful solution as a self-help medium that will reduce anxiety during pregnancy and mentally prepare the mother for childbirth and increase energy and slow down metabolism to recover. peace and soul of the mother during pregnancy. According to Rokmah (2014) pregnancy is a very happy event in her life, but pregnant women experience anxiety due to physical and psychological changes that make pregnant women feel afraid about things that will happen during pregnancy. Prenatal yoga is a science that explains the relationship between the physical, mental and spiritual of humans to achieve comprehensive health, by doing prenatal yoga exercises during pregnancy can prepare the body and or mind to be ready and strong to face childbirth (Wiadnyana, 2011). In the opinion of researchers, a person's anxiety is influenced by many things, besides prenatal gentle yoga, factors that can help reduce anxiety are family support from husbands, parents and other families. One of the efforts that can prevent pregnant women from experiencing anxiety is by doing prenatal yoga activities so that during the process of pregnancy until giving birth pregnant women do not experience difficulties. The benefits of prenatal yoga activities for pregnant women include increasing blood flow and adequate fetal nutrition, and playing a role in the health of the reproductive and pelvic organs such as strengthening the pelvic muscles, perineal muscles in preparing for the natural birth of a baby (Battle, C. L. et al. 2015).

According to research (Wijayanti, 2014) on the effectiveness of yoga pregnancy exercise to reduce anxiety in third trimester pregnant women, it shows that there is a difference in the average decrease in anxiety, with the paired sample test before and after prenatal gentle yoga on the first day as much as 6.86%, the second day, 3.60%, the third day 1.46% with bivariate analysis showing the P value = 0.000, indicating there is a difference in the decrease in anxiety in mothers Pregnant women who regularly do prenatal gentle yoga and who do not do prenatal yoga use the HRS-A method to measure anxiety levels so that the overall level of anxiety is known. Yoga exercise will reverse the effects of stress involving the parasympathetic part of the central nervous system (Domin, 2001), yoga exercise will inhibit the increase in the sympathetic nervous system so that the amount of hormones that cause body dysregulation can be reduced.

According to Atikson (2006) pregnant women will experience forms of psychological changes, namely emotional changes, tend to be lazy, sensitive, easily jealous, ask for more attention, feeling uncomfortable, depressed, stressed, and experiencing anxiety, so therapy is needed that can reduce anxiety levels, Prenatal yoga is effectively done 2x a week within 30 minutes, one way that can be done

to prevent and reduce pain. This is in accordance with the theory that regular exercise during pregnancy by doing prenatal yoga can prevent anxiety because pregnant women feel relaxed. Regular yoga practice can give a slightly painful sensation in some parts of the body, but actually makes a person have the awareness and ability to better control his body and get a healthy pregnancy, the frequency of doing yoga will also affect the reduction of pain and prenatal gentle yoga movements that are carried out in a relaxed manner. and true will make pregnant women feel relaxation and increase awareness (awrennes) in pregnant women.

CONCLUSION

Based on the results of the literature review, it can be concluded that prenatal gentle yoga which is carried out routinely, which is 2x a week within 30 minutes can reduce anxiety levels in pregnant women during the pregnancy process because pregnant women feel relaxed, prenatal gentle yoga is one of the non-pharmacological complementary therapies that can developed by health workers as one of the modified types of hartha yoga care that is adapted to the condition of pregnant women, physically, mentally and spiritually for the process of pregnancy and childbirth, with proper preparation it is hoped that pregnant women will be more confident and gain confidence in undergoing a smooth delivery and comfortable so that it can reduce anxiety during pregnancy.

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CONFLICTS OF INTEREST

In this study the authors are interested in seeing the effectiveness of prenatal gentle yoga on reducing anxiety levels in pregnant women.

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