

Correlation Between Prenatal Yoga Participation and Anxiety Levels in Pregnant Women: A Cross Sectional Study

Windi Tri Oktafiani, Wenny Indah Purnama Eka Sari^{*}, Almaini

Department of Midwifery, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

Email address:

wenny@poltekkesbengkulu.ac.id (Wenny Indah Purnama Eka Sari)

^{*}Corresponding author

Abstract

Pregnant women in the third trimester tend to experience high anxiety because they are worried about the labor process and the condition of the fetus that will be born. Untreated anxiety can pose a risk to the mother and baby. One effort that can be made to reduce stress is with non-pharmacological techniques, namely prenatal yoga. The aim of this study was to determine the correlation between Prenatal Yoga Participation and Anxiety in Pregnant Women in the Third Trimester. This research was a cross sectional study. The research sample used a simple random sampling technique with 38 respondents in the third trimester of pregnancy and data collection using the PRAQ-R2 questionnaire sheet. Data analysis used the Chi-square test. Research result shows that a p-value = 0.040, showing a correlation between participation in prenatal yoga and anxiety in pregnant women in the third trimester. Prenatal yoga is an effective method for reducing anxiety and provides clear guidance on how to provide prenatal yoga to pregnant women, ensuring a comfortable and stress-free pregnancy.

Keywords

Pregnancy, Anxiety Level, Prenatal Yoga, Third Trimester