



PRENATAL YOGA EDUCATION TO REDUCE PREGNANT MOTHER'S ANXIETY IN FACING LABOR (COMMUNITY PARTNERSHIP PROGRAM)

Diyan Indrayani¹⁾, Titi Legiati²⁾

¹⁾Department of Midwifery, Poltekkes Kemenkes Bandung.
Jalan Makmur No. 23 Bandung, Indonesia. ZIP code 40161, diyan.indrayani@gmail.com

Abstract, Background: Discomfort during pregnancy and anxiety about childbirth are problems that are often faced by pregnant women. In the era of the Covid-19 pandemic, there is limited contact between pregnant women and midwives, as well as a lack of education about pregnancy, thereby increasing anxiety about pregnancy and childbirth. One effort to reduce this problem is to provide education and guidance about prenatal yoga. This community partnership program aims to increase the independence of mothers in doing exercise during pregnancy to reduce anxiety in dealing with childbirth.

Method: Partners in this program were pregnant women at Sukarasa Health Center and Sukajadi Health Center as many as 28 people. The method used was education with zoom meetings and providing material with prenatal yoga booklets. The data obtained were the results of an anxiety assessment before and after prenatal yoga as measured by the Hamilton Anxiety Rating Scale (HARS).

Results: The results showed that there was a decrease in the average value of anxiety before and after doing yoga exercises with an average decrease in the anxiety of 5.4 points.

Conclusion: Prenatal yoga could decrease anxiety scores in pregnant women. Prenatal yoga can be carried out in every health center both in class and independently by pregnant women.

Keywords: Anxiety, Labor, Prenatal yoga

Background

The pregnancy period causes physiological and psychological changes, which can cause some discomforts such as feeling short of breath, difficulty sleeping, frequent urination, lower abdominal pain, back pain, constipation, varicose veins, easy fatigue, Braxton Hicks contractions, leg cramps, swelling of the legs and foot. This will cause the mother to feel unwell and often feel anxious because of her pregnancy and anxiety about childbirth.^{1,2}

The anxiety of pregnant women in facing the labor process is caused by labor pain, worries about the condition of the fetus, and labor pain.³ Anxiety is a danger sign that will affect physical symptoms. Anxiety has an impact on various aspects such as fetal

growth and development, prolonged stress which can affect the inhibition of fetal development. In addition, anxiety can also increase the risk of complications in childbirth.^{1,2,4,5}

Prenatal yoga can maintain the health and physical fitness of pregnant women and remain emotionally stable so that they can encourage pregnant women to be more independent and healthy. With yoga, the joints become more flexible and the mind becomes calmer so that pregnant women feel comfortable, feel capable, confident in facing the labor process.⁶⁻⁸

In the era of the Covid-19 pandemic, there were restrictions on contact between pregnant women and midwives, visits by pregnant women to puskesmas were limited,

including Sukajadi Health Center and Sukarasa Health Center. Registration time is limited to 1.5 hours so the number of visits is small. Thus, to accommodate complaints and accommodate questions from pregnant women, the health center formed a WhatsApp group for pregnant women as a means of consultation, education, and sharing about the health of pregnant women.

The results of observations in this group, most of the questions related to pregnancy complaints and anxiety about childbirth. Thus, an educational program is needed to increase the understanding of pregnant women about pregnancy and childbirth and the independence of pregnant women for pregnancy exercise. The program is in the form of a community partnership program for prenatal yoga education for pregnant women in the working area of Sukajadi and Sukarasa Health Centers.

Method

This community service activity was attended by 28 pregnant women at Sukarasa Health Center and Sukajadi Health Center which was carried out online from July to September 2021. The method used in this community service activity is to provide education to pregnant women use with media zoom meetings and booklets about prenatal yoga. Anxiety scores were seen before prenatal yoga education and a post-test was performed after pregnant women did yoga exercise.

The implementation of education in partners 1 and 2 is carried out at different times, this is done to make it easier to control participants when doing yoga virtually. The activity stages start from the preparation stage, namely coordinating with the health center, surveying pregnant women on Whatsapp partner groups 1 and 2 to recruit participants, and agreement/approval as well as conditioning participants. The next stage is the implementation stage. The activity began with the opening and explanation of the program to participants. After that, a pretest was carried out via a google form. After the participants filled out the pre-test, it was continued with material exposure with the topic of changes in the physiological adaptation of pregnant women, the basic concepts of yoga for pregnant women, preparation, and things to avoid when practicing yoga during

pregnancy. After the presentation of the material followed by a second implementation, stage was continued with material exposure on the topic of yoga practice for pregnant women, simulation of yoga movements in pregnancy. After the presentation of the material, it was continued with a discussion.

Participants were given booklets and asked to do yoga at home and send a collage of yoga practice. Furthermore, participants are given a link to the google form again which must be filled out as a posttest of the activity.

Anxiety level assessment was measured using the Indonesian version of the Hamilton anxiety rating scale (HARS) questionnaire which assessed feelings of anxiety, tension, fear, sleep disturbances, intelligence disturbances, feelings of depression, somatic/muscle physical symptoms, sensory symptoms, cardiovascular symptoms, respiratory symptoms, and respiratory symptoms. gastrointestinal symptoms, vegetative/autonomic symptoms, urogenital symptoms, maternal symptoms. This instrument has been tested for validity and reliability with item construct validity values based on Pearson correlation ranging from 0.529 to 0.727, Cronbach's alpha reliability was obtained at 0.756.⁹ Data processing was carried out by univariable analysis by looking at the average anxiety score before and after yoga practice.

Result

After collecting data, the following results are obtained:

Table 1. Characteristics of Respondents

Characteristics	Partner 1		Partner 2	
	F	%	F	%
Age				
20-35	12	92,3	12	80
>35	1	7,7	3	20
Job-status				
Work	5	38,5	3	20
Does not work	8	61,5	12	80
Gestational age				
Trimester 2	4	30,8	7	46,7
Trimester 3	9	69,2	8	53,3
Level of education				
Junior High School	0		1	6,7
Senior High School	9	69,2	12	80
Bachelor	4	30,8	2	13,3
Total	13	100	15	100

The table above describes the characteristics of the participants in the extension activities. The number of participants in partner 1 is different from partner 2 because there are 2 participants in partner 1 who cannot participate in this community service activity completely. The counseling participants at the Sukarasa Health Center as partner 1 were most of the participants aged 20-35 years (92.3%), most of the participants did not work (61.5%), had a high school education (69.2%), and were in their third trimester of pregnancy. 3 (69.2). While the counseling participants, at the Sukajadi Health Center as partner 2, namely most of the participants aged 20-35 years (80%), most of the participants did not work (80%), had the last education of high school (80%) and were pregnant in the third trimester (53, 3). All participants received good support from their husbands and families during pregnancy and had no complications or problems for both mother and fetus.

Table 2. Differences in Anxiety in Participants in Partners 1 and 2

Variable	Average value		
	Before Yoga	After Yoga	Value Change
The anxiety of pregnant women partner 1	91	86	5
The anxiety of pregnant women partner 2	101,9	95,9	5,8

The table above shows that there are differences in mean anxiety before and after being given prenatal yoga. The difference in the average anxiety facing childbirth before and after being given prenatal yoga in the treatment group was decreased by 5.8. All respondents in this study received pregnancy support from their husbands, parents, and other families and did not experience complications, both mother and fetus. This data is based on secondary data, namely the results of the latest midwife or doctor examination. Mother's education is also a factor that affects anxiety, the higher the education, the lower the level of anxiety. In this study, more than half of the respondents had an education equivalent to high school.

Prenatal yoga is an effort to reduce pregnancy anxiety. Yoga is useful for optimizing physical balance, maintaining a healthy pregnancy, reducing discomfort due to pregnancy adaptation, and facilitating the delivery process. Several research results show that yoga can reduce the discomfort of pregnant women, reduce labor anxiety so that it can improve pregnancy outcomes. In this community partnership program, there are online meetings with zoom meetings as well as prenatal yoga booklets and childbirth preparation education.

Yoga can restore body fitness by reducing muscle tension by doing physical relaxation movements. Physical exercise can affect the basal ganglia as a bridge between the hypothalamus and the pituitary as the body's balance center. This will stimulate the pituitary to release the hormones dopamine, serotonin, and endorphins as hormones of calm and happiness. Yoga can also increase attention and concentration power so that it can calm the mind and reduce insomnia. This is in line with research evidence that there is a significant change in reducing anxiety levels and stress levels after prenatal yoga.^{13.1415}

Summary

The implementation of community service activities in partner 1 and partner 2 has been carried out according to the planned program, namely being able to make pregnant women independent so that they can do yoga exercises at home, decreasing anxiety scores in pregnant women, and having an output in the form of a "Prenatal yoga" booklet as a guide in providing education in community service activities about prenatal yoga. Thus, it is hoped that prenatal yoga can be carried out optimally by every pregnant woman.

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