

THE RELATIONSHIP OF YOGA GYMNASTICS WITH REDUCING PREGNANT WOMEN ANXIETY

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ABSTRACT

Prenatal yoga has the potential to create balance and is a comprehensive system because prenatal yoga can seek to harmonize the body, mind and spirit by using physical postures (asanas), breathing exercises (prayanama), concentration and meditation. Yoga exercises in pregnancy can reduce the occurrence of bleeding during childbirth and after delivery as a result of decreased stress. Anxiety conditions often occur in pregnant women who are nearing labor. The purpose of writing this article is to determine the relationship between prenatal yoga and anxiety reduction in pregnant women and provide recommendations for reducing anxiety levels. The research method used in this research is literature study with computerized search on online journal service providers (Google Scholar, PubMed, Science Direct). The journals obtained totaled 18 journals (6 in Indonesian and 8 in English and 4 documents or reports and published from 2012 to 2020. The research methods used in each journal obtained mostly use statistical analysis and literature review. There is a relationship between prenatal yoga and decreased maternal anxiety. The benefits of prenatal yoga can help reduce anxiety arising from pregnancy and childbirth. With prenatal yoga you can release anxiety, self-doubt, worry and other negative emotions.

Keywords: *Gymnastics, Yoga, Pregnancy, Anxiety*

Introduction

Incidence The maternal mortality rate (MMR) and the morbidity rate in pregnant women remain a big problem in developing countries. WHO can estimate that every day around the world there are around 830 women who die due to pregnancy and childbirth and that 99% of maternal deaths occur in developing countries (WHO, 2016).

In Indonesia, MMR has decreased from 359 per 100,000 live births that occurred in 2012 to 305 per 100,000 live births in 2015. Despite this decline, MMR in Indonesia has not yet reached the 2005-2025 Long-Term Health Sector Development target. , which can be reduced to 74 per 100,000 live births (Kemenkes RI, 2015)..

By practicing prenatal yoga exercises for pregnant women is the most appropriate solution to help pregnant women in the process of pregnancy, birth and can facilitate activities to care for their children later. Prenatal yoga exercises can help pregnant women focus on regulating the rhythm of the breath, which remains focused on the feeling of comfort, security and feeling of calm that pregnant women feel in practicing prenatal yoga. Yoga and meditation can reduce psychological stress and physical injury during pregnancy and childbirth, including anxiety and pain (Rusmita, 2015).

According to research by Apriliani, 2015 it is suggested that the positive thinking built by pregnant women is related to childbirth as one of the benefits obtained from prenatal yoga exercises in the deep relaxation stage (Apriliani, 2015).

With relaxation in pregnant women, it is hoped that pregnant women to avoid feeling tense as well as anxiety and fear related to childbirth can be eliminated and create feelings of optimism and courage to go through a natural process that pregnant women will go through (Ronalen, 2020).

Building a positive way of thinking about childbirth is one of the treatments given is prenatal yoga in the deep relaxation stage. In this way, it is hoped that feelings such as tension or anxiety about childbirth can be relieved and create a sense of courage through a natural process that every pregnant woman must go through (Battle, Kinser).

Previous research, Battledi in the United States, Bershadsky in Southern California, and Kinser in Virginia found that prenatal yoga interventions in pregnant women were effective in reducing anxiety in pregnant women (Battle, Kinser, Bershadsky).

With spikis conditions, pregnant women can affect fetal growth and development. Mothers who experience anxiety can have a negative impact on the health and safety of the fetus and the mother who is carrying it. Therefore, when mothers undergo pregnancy until before delivery, pregnant women need peace so that pregnant women do not experience excessive anxiety so that the mother's labor process can run smoothly and healthily (Aprilia, 2015).

Efforts made to increase awareness of the importance of health during pregnancy are through a program organized by the Ministry of Health, the presence of classes for pregnant women. Pregnant women class is a means of learning together about health for pregnant women which aims to increase the knowledge, skills of mothers and their families regarding pregnancy care, childbirth, postpartum, diseases and complications that will occur. The importance of paying attention to the anxiety factor of pregnant women in dealing with childbirth, requires efforts to reduce anxiety levels in pregnant women, one of which is prenatal yoga. Prenatal yoga exercises are very good for pregnant women (Bangun, 2019 in the Indonesian Ministry of Health).

Research that has been reviewed in Yurike's article shows that stress and anxiety in pregnant women not only affects pregnant women but also the fetus in the womb (Yurike, 2015).

The purpose of writing this article is to determine the relationship between yoga exercises and the reduction of anxiety in pregnant women and provide recommendations for reducing anxiety in pregnant women. The results of writing this article can be a reference for health workers, especially midwives, in providing prenatal yoga services by taking advantage of the many benefits of prenatal yoga for pregnant women.

Research Design and Methodology

The method used in this research is qualitative with a literature review design. Journals or documents obtained using computerized searches on the database of online journal service providers (Google scholar, PubMed, Science Direct). The journals obtained totaled 18 journals, (8 in English and 6 in Indonesian) and 4 documents or reports and published from 2012 to 2020. The research methods used in each journal were obtained mostly using statistical analysis and literature review. Journal searches were obtained using the keywords “Yoga Gymnastics”, “yoga gymnastics” combined with “Anxiety Reduction”, “Decreased Anxiety”.

Findings And Discussion

According to the Yi-ChinSun study in Taiwan, pregnant women who took part in a prenatal yoga program reported significantly less pregnancy discomfort than the control group who did not take part in the prenatal yoga program. Pregnant women who participate in yoga programs show higher results and expectations of self-efficacy during the active stage of labor. by following yoga exercises can reduce the mother's discomfort during pregnancy. Physical and emotional changes will also come to pregnant women during pregnancy such as body discomfort, lack of sleep at night, frequent chest pain, back pain, laziness, fatigue and frequent anxiety (Yi-Chin and Ronalen, 2020).

Review Article Kathryn in Evidence-Based Complementary and Alternative Medicine Volume 2012, Article ID 715942, page 13 that the findings show that yoga is well indicated for pregnant women and leads to an increase in various outcomes of pregnancy, childbirth, and birth. However, RCTs are needed to provide more information regarding the usefulness of yoga interventions for pregnancy (Kathryn, 2012).

In Holger's study, pregnant women chose to use yoga because of recommendations from midwives. Keeping in mind that yoga can positively affect health problems related to pregnancy and birth outcomes, but can also be associated with certain risks, it is important

that obstetricians and midwives are aware of the potential that exists for use of yoga among pregnant women and actively discuss if and where (at home), in class, or both) yoga should be used to help ensure safe and effective maternity care (Holger, 2015).

Yoga can improve the health and well-being of pregnant women as one of its positive effects. The components of yoga that are very commonly applied to health benefits are asana (physical posture), pranayama (regular breathing) and meditation (Ni Gusti, 2017). In the context of asanas, yoga is more like physical exercise, which can lead to the perception that yoga is a type of physical exercise. The physical exercise and physical components of yoga practice have some similarities, but also important differences. Evidence suggests that yoga interventions appear to be equal to and or superior to exercise in most outcome measures. Emphasis on breath control, mindfulness during exercise, and importance of maintaining posture are some of the elements that differentiate yoga practice from physical exercise (Kim and Ramajayam, 2016).

Yoga exercise interventions carried out at the prenatal stage of pregnant women have an effect on reducing anxiety levels in pregnant women who enter the third trimester phase at Puskesmas Pattingalloang and Puskesmas Tamalate Makassar City. Therefore, midwives as educators have an important role in addition to providing knowledge to pregnant women who can be given prenatal yoga training to prepare for labor for pregnant women (Ashari, 2019).

Anxiety in dealing with childbirth can occur during pregnancy which can cause shock, bleeding and lead to death. The existence of optimal health services is expected to reduce the level of anxiety of pregnant women in facing the labor process. Based on the results of Ni Gusti's research, using statistical tests obtained a p value of 0.000, which is smaller than α 0.05, which means that there is an effect of antenatal yoga on anxiety levels in pregnant women in Q3 in dealing with the labor process. It is recommended that pregnant women be able to do regular antenatal yoga so that it can have an impact on reducing anxiety in facing the labor process (Ni Gusti, 2017).

During pregnancy, pregnant women experience physical and psychological changes that can cause discomfort. One of the treatments for pregnancy in the third trimester is exercise in the form of yoga. The conclusions of this study were: Physical complaints that were reduced after prenatal yoga included muscle spasms, flatulence, tingling in the fingers and toes, shortness of breath, dizziness, cramps in the legs, constipation / constipation, insomnia, upper and lower back pain and anxiety. Prenatal yoga is effective in reducing the

physical complaints of pregnant women in the third trimester in the Kamonji Community Health Center (Rafika, 2018).

Recommendations to reduce the level of anxiety in pregnant women during their pregnancy are to encourage and motivate pregnant women to take pregnant women classes which aim to increase the knowledge, skills of mothers and their families regarding pregnancy care, childbirth, postpartum, diseases and complications that will occur. Following prenatal yoga regularly, pregnant women can do prenatal yoga independently if they have been taught by a yoga instructor and who are new to yoga exercises, can ask for direct guidance from experienced yoga instructors. Finally, recommendations for support from husbands and families for pregnant women who are pregnant.

Conclusion

The use of yoga exercises is associated with decreased anxiety in pregnant women. Yoga exercise is a type of body, mind and mental exercise that really helps pregnant women flex their joints, including calming the mind. Prenatal yoga exercises for pregnant women are effective in reducing anxiety levels in pregnant women. Pregnant women who experience anxiety during pregnancy can affect fetal growth and development. Mothers who experience anxiety can have a negative impact on the health and safety of the fetus and the mother who is carrying it. Recommendations that can be made to reduce anxiety in pregnant women can be carried out starting from programs and policies of the Ministry of Health of the Republic of Indonesia, namely by utilizing the existence of classes for pregnant women which aim to increase the knowledge, skills of mothers and families regarding pregnancy care, childbirth, postpartum, diseases and complications that will be happen. Providing booklets and videos on yoga during pregnancy can contribute to decreased discomfort during pregnancy and reduce anxiety.

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