

THE EFFECTIVENESS OF PRENATAL YOGA AND PREGNANT YOGA ON THE REDUCTION OF PHYSICAL COMPLAINTS IN PREGNANT WOMEN IN PERA CLINIC, MEDAN CITY

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ABSTRACT

Background

Pregnancy is a normal, natural process that begins with intrauterine fetal growth and development and from conception to delivery. During pregnancy, pregnant women experience physical and psychological changes that can cause discomfort such as dyspnea, insomnia, gingivitis and epulsion, frequent urination, pressure and discomfort in the perineum, back pain, constipation, varicose veins, fatigue, Braxton hicks contractions, leg cramps, ankle edema and mood swings and increased anxiety.

Objective

The purpose of this study was to gain more knowledge and understand the implementation of the effectiveness of prenatal yoga and pregnancy exercise in reducing physical complaints and in pregnant women.

Methods

This research is a quasi experimental research and the design used is a pre-test post-test research design with a control group design, the sampling technique is total sampling, the number of samples is 30 people, where the control group is 15 people and the intervention group is 15 people.

Result

The paired t test on the effectiveness of prenatal yoga and pregnancy exercise in reducing physical complaints before and after it was given was respectively $p = 0.001$, meaning $p < 0.05$, prenatal yoga was effective and pregnancy exercise was effective in reducing physical complaints in pregnant women.

Conclusion

The effectiveness of prenatal yoga and pregnancy exercise in reducing physical complaints was $p = 0.001$, where the p value was < 0.005 , where prenatal yoga and pregnancy exercise were very effective in reducing physical complaints in pregnant women.

Keywords: Prenatal Yoga, Pregnant Exercise, Physical Complaints

Preliminary

Pregnancy is a normal, natural process that begins with intrauterine fetal growth and development and from conception to delivery. In women's life, there is a phase of pregnancy which is a time of great change. These changes are not only associated with physical changes, but also biochemical changes, physiological, even psychological which is a consequence of the growth of the fetus in the uterus. Discomfort during pregnancy mild complaints found in

pregnancy such as dependent edema, nocturia, constipation, shortness of breath, heartburn, leg cramps and low back pain. During this period, pregnant women are vulnerable to all kinds of "stress", which results in changes in physiological and metabolic functions.

Physical complaint of pregnant women is a condition that is prone to all kinds of "stress", which results in changes in physiological and metabolic functions. Discomfort during pregnancy mild

complaints found in pregnancy such as dependent edema, nocturia, constipation, shortness of breath, heartburn, leg cramps and low back pain.

As the uterus enlarges and weight gain in the third trimester of pregnancy, the center of gravity moves forward so that the pregnant woman has to adjust its stance. Improper body changes will force additional stretching and fatigue on the body, especially in the back. About 50% - 72% of women when pregnant experience low back pain, the pain will increase with gestational age. Pregnant women complain of lower back pain. Therefore, the disruption of daily physical activities such as climbing stairs (47%), walking (40%), working hard (28%), participating in exercise (30%), disturbing sleep quality (58%), 10% of all mothers. pregnant women who complain of low back pain are forced to take time off from work.

Physical complaints of pregnant women in Medan City also show that 63% of pregnant women have poor sleep quality due to physiological and psychological changes experienced by mothers during pregnancy. The results of a preliminary study conducted in prenatal yoga (yoga during pregnancy) is a modification of hatha yoga that is adapted to the condition of pregnant women. The goal of prenatal yoga is to prepare pregnant women physically, mentally and spiritually for childbirth. With careful preparation, the mother will be more confident and gain confidence in going through labor smoothly and comfortably.

Method

Research method This research is a quasi experimental research and the design used is a pre-test and post-test research design with control group design, which is a research design to analyze the effectiveness of prenatal yoga and pregnancy exercise in reducing physical complaints between the intervention and control groups. In the case group, prenatal yoga interventions were given, while the control group was given pregnancy exercise intervention, both groups were given

intervention every week 2 times a week for 6 months. So researchers will control the provision of interventions and observe physical complaints and maternal readiness for childbirth. Data processing was carried out using paired t test and comparison test, namely independent t test.

Where the research was conducted at the Pera clinic on Jl. Bunga Rampai II No. 77 Simalingkar B. The samples in the study were all pregnant women who visited Pera clinic and met the inclusion criteria. The sample in this study was total sampling, namely all pregnant women aged 20 - 35 weeks who visited the Pera clinic as many as 30 people (total population) which were then divided into 15 control groups and 15 intervention groups. The sample in this study were pregnant women who had physical complaints and were not sick or under medication.

Result

1. Characteristics of Research Subjects Based on age, education, occupation and number of pregnancies

No	Characteristics	Groups	
		Intervensi n=15 N (%)	Control n=15 N (%)
1.	Age		
	a. <20	2 (13,3)	1 (6,7)
	b. >20-25	5 (33,3)	6 (40,0)
	c. >25-30	6 (40,0)	5 (33,3)
	d. >30-35	2 (13,4)	3 (20,0)
2.	Education		
	a. Primary school	4 (26,7)	1 (6,7)
	b. Junior high school	1 (6,7)	1 (6,7)
	c. Hight school	8 (53,3)	11(73,3)
	d. Bachelor	2 (13,3)	2 (13,3)

Table: 1. Based on age > 25-30 years there were 11 people, based on high school education there were 19 people, in the control and intervention groups.

2. The effectiveness of prenatal yoga in reducing physical complaints before and after treatment for pregnant women

Physical complaints	Mean	SD	Value P
Pre-test	27,300	17,364	0,001
Post-test			

Table: 2. It is the result of the effect of prenatal yoga in reducing physical complaints before and after being given prenatal yoga in the control group and the paired sample t-test is carried out. The results for physical complaints of pregnant women value $p = 0.001$, meaning $p < 0.05$, states there is an effect of prenatal yoga in reducing physical complaints of preparation for delivery of pregnant women.

3. The effectiveness of pregnancy exercise in reducing physical complaints before and after treatment given to pregnant women

Physical complaints	Mean	SD	Value P
Pre-test	25,633	15,806	0,001
Post-test			

Table: 3. Is the result of the effect of pregnancy exercise in reducing physical complaints before and after being given pregnancy exercise in the intervention group and the paired sample t-test was carried out. The results were obtained for the reduction of physical complaints, the value of $p = 0.001$ means that $p < 0.05$, states that there is an effect Prenatal yoga in reducing physical complaints of preparation for delivery of pregnant women.

Discussion

1. Characteristics of Research Subjects

In this study, physical complaints of preparation for delivery in pregnant women in the control and intervention groups were influenced by factors such as age, education, occupation and number of pregnancies. Theoretically, pregnant women

do have physical complaints during pregnancy that vary based on age, education, occupation, and number of pregnancies. Physical complaints are also greatly influenced by various factors, both internal and external, therefore every pregnant woman will have different complaints depending on these factors.

2. The effectiveness of prenatal yoga in reducing physical complaints before and after treatment for pregnant women

In the results of this study, the control group that was given prenatal yoga treatment showed the results to reduce physical complaints during labor preparation with a value $p = 0.001$, meaning that $p < 0.05$, stated that there was an effectiveness of prenatal yoga in reducing physical complaints of preparation for labor in pregnant women.

Research on prenatal yoga conducted by Rafika (2018) found that pregnant women who were given prenatal yoga treatment experienced a reduction in physical complaints in pregnant women compared to those who were not given prenatal yoga. This is because the body is stretched more relaxed, so that blood circulation works properly and the body produces endorphin hormones.

According to Widiastini (2016) that endorphins are natural hormones produced by the human body, so endorphins are the best pain relievers. Endorphins can be produced naturally by doing activities such as meditation, deep breathing, eating spicy foods, or through acupuncture treatments or chiropractic.

The results of this study are also in accordance with Sindhu's (2014) theory, that practicing yoga during pregnancy is a useful solution as a self-help medium that will reduce discomfort during pregnancy, assist in childbirth, and even prepare mentally for the early days. after childbirth and while raising children. Pregnant women who exercise regularly report lower levels of discomfort during pregnancy and healing faster than those who don't exercise during pregnancy.

The Effectiveness of Pregnant Exercise in Reducing Prior Physical Complaints The results of the study in the intervention group that were given pregnant exercise treatment showed that the results were to reduce physical complaints of preparation for delivery in pregnant women with a value of $p = 0.001$ meaning $p < 0.05$, stating that there is pregnancy exercise which is effective in reducing physical complaints in pregnant women. The results of the study are in accordance with the results of research conducted by Pudji Suryani, Ina Handayani (2017), that pregnancy exercise has a significant effect in reducing the discomfort felt by pregnant women. The analysis results obtained a significance value of 0.025 ($p < 0.05$) for complaints of swelling, p value 0.03 ($p < 0.05$) for complaints of low back pain, p value = 0.003 ($p < 0.005$) for complaints of back pain, $p = 0.003$ ($p < 0.005$).

The results of this study are in accordance with research conducted by Elok Sari Dewi, et al (2016) that prenatal yoga and pregnancy exercise have a significant effect on reducing physical complaints and preparation for delivery in pregnant women. Based on the results of research by Rusmita (2011), yoga pregnancy exercise can increase physical readiness in the face of childbirth by 60.8%. Meanwhile, in Putri's research (2013). According to research by Widyawati & Syahrul (2013), mothers who do pregnancy exercise experience delivery 1.80 times faster than pregnant women who do not exercise (Widyawati & Syahrul, 2013).

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