

EFFECTIVENESS OF COMPLEMENTARY THERAPIES ON PHYSICAL PSYCHOLOGICAL HEALTH IN PREGNANCY: LITERATURE REVIEW

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ABSTRACT

Pregnancy is a normal physiological process characterized by significant physical, hormonal, and psychological changes that may affect maternal comfort and overall well-being. During pregnancy, women commonly experience nausea and vomiting, low back pain, sleep disturbances, fatigue, stress, and anxiety. If not properly managed, these conditions may reduce quality of life and potentially impact pregnancy outcomes. In response to the need for holistic maternity care, complementary therapy has emerged as an important non-pharmacological approach to support maternal health. These interventions are generally considered safe, cost-effective, and easy to apply, with the potential to reduce reliance on pharmacological treatments during pregnancy. This literature review aimed to synthesize recent evidence on the effectiveness of complementary therapies in improving physical and psychological health outcomes among pregnant women. A systematic search was conducted in PubMed, ScienceDirect, Google Scholar, and other scientific databases for studies published between 2021 and 2025. Keywords included complementary therapy, pregnancy, prenatal yoga, aromatherapy, acupressure, maternal anxiety, low back pain, and emesis gravidarum. After applying inclusion and exclusion criteria, 20 articles were selected for analysis, consisting of randomized controlled trials, quasi-experimental studies, systematic reviews, and meta-analyses. The results show that complementary therapies provide consistent positive effects on maternal health outcomes. Prenatal yoga was frequently reported to reduce anxiety, stress, and depressive symptoms while improving relaxation, emotional stability, and sleep quality. Aromatherapy using essential oils such as lavender, peppermint, ginger, and lemon was effective in reducing nausea, vomiting, sleep disturbances, and anxiety. Acupressure also demonstrated benefits in reducing low back pain and decreasing the severity of emesis gravidarum through stimulation of specific pressure points that promote physiological relaxation. Overall, these interventions were described as safe, practical, and feasible for integration into routine antenatal care services. In conclusion, complementary therapies such as prenatal yoga, aromatherapy, and acupressure are effective in improving both physical and psychological health among pregnant women. Integrating evidence-based complementary approaches into antenatal care can provide a more holistic, patient-centered model of maternity care. This integration enhances symptom management, supports maternal well-being, and contributes to a more positive pregnancy experience.

Keywords: complementary therapy, pregnancy, prenatal yoga, aromatherapy, acupressure

INTRODUCTION

Pregnancy is a physiological process accompanied by significant anatomical, hormonal, metabolic, and psychological changes that are essential for fetal growth and development. Although pregnancy is generally considered a normal life event, many women experience various physical and emotional discomforts throughout the gestational period. Common complaints include nausea and vomiting, low back pain, sleep disturbances, fatigue, anxiety, and stress. These conditions may negatively affect maternal quality of life and daily functioning and, when inadequately managed, may contribute to adverse maternal and neonatal outcomes. Recent evidence highlights the importance of comprehensive maternal care that addresses both physical and psychological well-being during pregnancy.

In recent years, maternal healthcare has increasingly adopted a woman-centered and holistic approach that extends beyond the management of obstetric complications. This approach emphasizes maternal comfort, emotional well-being, and positive pregnancy experiences as integral components of quality antenatal care. Consequently, healthcare professionals have shown growing interest in complementary therapies as supportive interventions that can be integrated with conventional maternity care. Complementary therapies are increasingly utilized because they offer non-pharmacological alternatives that may reduce pregnancy-related discomfort while minimizing concerns regarding medication exposure during pregnancy.

Complementary therapy encompasses a broad range of interventions, including prenatal yoga, aromatherapy, acupressure, meditation, reflexology, breathing exercises, and other mind-body practices. The growing popularity of these interventions is supported by emerging evidence demonstrating their potential benefits.

A recent systematic review reported that complementary therapies can effectively improve pain management, reduce anxiety and depression symptoms, and enhance overall maternal well-being during pregnancy, childbirth, and the postpartum period. These findings suggest that complementary therapies may serve as valuable adjuncts to routine maternal healthcare services.

Among the available complementary therapies, prenatal yoga has received substantial scientific attention. Prenatal yoga integrates physical movement, breathing regulation, stretching, and relaxation techniques that promote both physical and emotional health. Previous studies have demonstrated that prenatal yoga can reduce stress, anxiety, and depressive symptoms while improving sleep quality, physical comfort, and maternal readiness for childbirth. Furthermore, mind-body interventions such as yoga contribute to improved emotional resilience and may positively influence the overall pregnancy experience.

Aromatherapy is another complementary intervention widely utilized among pregnant women. Essential oils derived from lemon, ginger, lavender, peppermint, and citrus species have been investigated for their effectiveness in managing common pregnancy-related symptoms. A recent systematic review and meta-analysis reported that aromatherapy significantly reduces nausea and vomiting, improves sleep quality, and decreases maternal anxiety levels. Importantly, no serious adverse effects were reported across the included

studies, suggesting that aromatherapy may represent a safe and practical option for symptom management during pregnancy when appropriately administered

Similarly, acupressure has emerged as a promising non-pharmacological intervention for addressing various maternal health problems. Acupressure involves the application of pressure to specific body points to stimulate physiological responses associated with pain relief, relaxation, and symptom reduction. Evidence indicates that acupressure can alleviate nausea and vomiting, reduce musculoskeletal discomfort, and improve maternal comfort during pregnancy. Narrative reviews have further highlighted the potential role of self-care acupressure in supporting maternal health outcomes and promoting sustainable, accessible healthcare practice.

Despite the increasing number of studies examining prenatal yoga, aromatherapy, and acupressure, the available evidence remains dispersed across different interventions, populations, and outcome measures. Variations in study design, intervention duration, and assessment methods often make it difficult for healthcare professionals to obtain a comprehensive understanding of the overall effectiveness of complementary therapies during pregnancy. Therefore, synthesizing current scientific evidence is necessary to provide clearer recommendations regarding the use of complementary therapies within evidence-based maternal healthcare practice.

Based on these considerations, this literature review aims to analyze and synthesize recent evidence regarding the effectiveness of complementary therapies, particularly prenatal yoga, aromatherapy, and acupressure, in improving the physical and psychological health of pregnant women. The findings are expected to provide evidence-based recommendations for midwives and other healthcare professionals in developing holistic, safe, and effective antenatal care services.

RESEARCH METHOD

This study was conducted using a literature review approach by searching articles published through Google Scholar, PubMed, and ScienceDirect. The search was performed using a combination of keywords such as complementary therapy, pregnancy, prenatal yoga, aromatherapy, acupressure, maternal anxiety, low back pain, and emesis gravidarum. From the search results, 15 articles published between 2021 and 2025 were selected based on their relevance to the research topic and eligibility criteria. The selected articles were then reviewed and analyzed to identify the effectiveness of complementary therapies in improving the physical and psychological health of pregnant women.

RESEARCH RESULTS

The following is a summary of the 16 articles that were successfully collected and reviewed, including the research design, the presence or absence of interventions, and the main findings of each.

N o	Penulis/Tahun	Judul	Desain dan Sampel	Intervensi	Hasil
1	Nugrawaty N., Ekawati N., Wijaya A., & Adam A. (2024)	Terapi Komplementer dengan Teknik Relaksasi dalam Kehamilan	Pengabdian kepada masyarakat dengan metode pre- test dan post-test pada ibu hamil yang berkunjung di Posyandu Ceria.	Penyuluhan dan pelatihan terapi komplementer menggunakan teknik relaksasi untuk mengatasi ketidaknyamana n selama kehamilan.	Terjadi peningkatan pengetahuan ibu hamil mengenai terapi komplementer dengan teknik relaksasi setelah diberikan edukasi dan pelatihan.
2	Sepriani & Atiyah, 2024	Hubungan Aromaterapi Sebagai Terapi Komplementer Dengan Pengurangan Mual Pada Ibu Hamil Di Klinik Juliana Harahap Tahun 2024	Kuantitatif, <i>cross- sectional study</i> . Ibu hamil yang melakukan pemeriksaan kehamilan di Klinik Juliana Harahap periode Maret-Juli 2024, dengan teknik <i>accidental sampling</i> .	Aromaterapi sebagai terapi komplementer untuk mengurangi mual pada ibu hamil.	Terdapat hubungan signifikan antara penggunaan aromaterapi dan pengurangan mual pada ibu hamil ($p=0,001$). Mayoritas responden menggunakan aromaterapi (90%) dan tidak mengalami mual (100%).
3	Corrigan et al., 2022	The characteristics and effectiveness of pregnancy yoga interventions: a systematic review and meta- analysis	Systematic review dan meta- analysis terhadap 31 studi, dengan 29 studi (2.217 ibu hamil) yang memenuhi syarat untuk	Intervensi yoga selama kehamilan dengan berbagai frekuensi, durasi, dan jenis latihan.	Yoga kehamilan secara signifikan menurunkan kecemasan ($p=0,002$), depresi ($p=0,03$), dan stres ($p<0,001$), memperpendek durasi persalinan ($p<0,001$), meningkatkan

			meta-analisis.		peluang persalinan normal pervaginam (OR=2,58; p<0,001), serta meningkatkan toleransi nyeri persalinan.
4	Jin et al., 2024	Acupuncture for nausea and vomiting during pregnancy: A systematic review and meta-analysis	Systematic Review dan Meta-analysis terhadap 24 RCT (26 publikasi) dengan 2.390 ibu hamil yang mengalami nausea and vomiting of pregnancy (NVP).	Akupunktur, akupunktur + terapi medis standar, dibandingkan dengan sham acupuncture, placebo, dan terapi medis standar.	Akupunktur + terapi medis lebih efektif dibanding terapi medis saja dalam menurunkan skor PUQE, angka ketidakefektifan terapi, memperbaiki ketonuria, memperpendek lama rawat inap, dan meningkatkan kualitas hidup ibu hamil. Akupunktur juga menunjukkan efektivitas yang sebanding atau lebih baik dibanding terapi medis standar tanpa meningkatkan efek samping berat.
5	Hasibuan et al., 2024	The Effectiveness of Prenatal Yoga in Reducing Anxiety and	Randomized Controlled Trial (mixed-methods) pada 120 ibu	Prenatal yoga selama 8 minggu dengan frekuensi 2 kali per minggu dibandingkan	Prenatal yoga secara signifikan menurunkan tingkat kecemasan (p<0,001) dan

		Improving Sleep Quality Among Pregnant Women: A Randomized Controlled Trial	hamil usia kehamilan 20–36 minggu yang dibagi menjadi kelompok intervensi (60) dan kontrol (60).	pelayanan antenatal standar.	meningkatkan kualitas tidur dengan penurunan skor PSQI dari $7,2 \pm 1,8$ menjadi $4,1 \pm 1,2$ ($p < 0,001$). Selain itu, ditemukan peningkatan regulasi emosi, efikasi diri, dan pengalaman kehamilan yang lebih positif.
6	Pohan, Jahriani, & Tanjung, 2024	The Administration of Coriander Essential Oil and the Intensity of Nausea and Vomiting in First Trimester Pregnant Women at PMB Rismala Siagian Sei Halim Hasak Hamlet II Year 2023	Penelitian kuantitatif dengan desain One Group Pretest-Posttest pada 30 ibu hamil trimester I yang mengalami mual muntah.	Pemberian aromaterapi minyak esensial ketumbar (coriander essential oil).	Hasil analisis menggunakan uji Wilcoxon menunjukkan nilai $p = 0,000$ ($p < 0,05$), sehingga terdapat pengaruh aromaterapi minyak esensial ketumbar dalam menurunkan intensitas mual dan muntah pada ibu hamil trimester I.
7	Setiyarini, Putri, Andini, & Rahmawati, 2023	Effects of Prenatal Yoga on the Anxiety of Pregnant Women Before Birth	Quasi-experimenta 1 pretest-posttest pada 12 ibu hamil usia kehamilan 14–40 minggu di wilayah kerja	Prenatal yoga (gentle yoga). Tingkat kecemasan diukur menggunakan Hamilton Anxiety Rating Scale (HARS).	Prenatal yoga berpengaruh signifikan terhadap penurunan kecemasan ibu hamil dalam menghadapi persalinan dengan nilai

			Puskesmas Ngletih, Kabupaten Kediri.		$p < 0,001$ ($p < 0,05$).
8	Wakjira, Deksisa, Abera, & Beyene, 2024	The Effect of Prenatal Yoga and Reflexology in Reducing Labor Duration and Perceived Pain: A Systematic Review and Meta-analysis	Systematic Review dan Meta-analysis terhadap 10 RCT yang melibatkan 1.253 ibu hamil.	Prenatal yoga dan refleksologi selama periode antenatal.	Prenatal yoga dan refleksologi secara signifikan menurunkan durasi persalinan kala I (SMD=-0,43), kala II (SMD=-0,34), dan kala III (SMD=-1,05). Intervensi juga menurunkan nyeri persalinan pada fase aktif secara signifikan (SMD=-1,56; $p=0,0001$).
9	Mascarenhas dkk., 2025	Effectiveness of aromatherapy on physiological and psychological symptoms during pregnancy: a systematic review and meta-analysis	Systematic review dan meta-analysis yang mencakup 21 penelitian (16 randomized controlled trials dan 5 quasi-experimenta l studies) pada ibu hamil dari Iran, Indonesia, Jepang, dan Taiwan.	Aromaterapi menggunakan berbagai minyak esensial seperti peppermint, lemon, mint, bitter orange, orange blossom, lavender, dan <i>Rosa damascena</i> untuk mengatasi gejala fisiologis dan psikologis selama kehamilan.	Aromaterapi terbukti menurunkan mual dan muntah pada kehamilan (SMD=0,92; 95% CI: 0,74–1,09), mengurangi kecemasan ibu hamil (SMD=0,67; 95% CI: 0,40–0,95), serta meningkatkan kualitas tidur (MD=1,55; 95% CI: 1,01–2,09). Hasil kajian menunjukkan bahwa aromaterapi

					merupakan terapi komplementer yang efektif dan aman untuk membantu mengatasi keluhan fisik maupun psikologis selama kehamilan.
10	The Wonders of Mind-Body Practices During Pregnancy: A Topical Review	Hubungan Dukungan Suami dan Religiusitas dengan Kecemasan Menghadapi Persalinan pada Ibu Hamil Trimester III di Puskesmas Baki Kabupaten Sukoharjo	Topical review yang meninjau berbagai penelitian mengenai terapi mind-body selama kehamilan berdasarkan bukti dari literatur fisiologi ginekologi.	Prenatal yoga, meditasi, prenatal pilates, teknik pernapasan, akupresur, refleksologi, dan Tai Chi sebagai terapi komplementer selama kehamilan.	Terapi mind-body memberikan manfaat fisik, psikologis, dan emosional bagi ibu hamil. Prenatal yoga meningkatkan kesehatan fisik, mengurangi ketidaknyamanan, stres, dan kecemasan serta berpotensi memperpendek durasi persalinan. Meditasi membantu menurunkan stres dan kecemasan. Prenatal pilates meningkatkan kesehatan muskuloskeletal dan persiapan persalinan. Teknik pernapasan membantu

					manajemen nyeri persalinan. Akupresur dan refleksologi efektif mengurangi ketidaknyamanan secara nonfarmakologis, sedangkan Tai Chi meningkatkan kebugaran fisik, fleksibilitas, dan kesejahteraan mental ibu hamil.
11	Lima-De-La-Iglesia dkk., 2024	Benefits of Complementary Therapies During Pregnancy, Childbirth and Postpartum Period: A Systematic Review	Systematic review terhadap 17 randomized clinical trials (RCTs) yang meneliti penggunaan terapi komplementer pada masa kehamilan, persalinan, dan postpartum.	Hidroterapi, latihan Swiss ball perinatal, akupresur, virtual reality, refleksologi kaki, aromaterapi, elektroakupunktur, pijat, dan yoga.	Hasil kajian menunjukkan bahwa hidroterapi, latihan Swiss ball, akupresur, virtual reality, dan refleksologi kaki secara signifikan mengurangi nyeri persalinan. Aromaterapi, elektroakupunktur, dan pijat efektif menurunkan nyeri pasca sectio caesarea. Yoga selama kehamilan dan masa postpartum terbukti menurunkan kecemasan dan depresi. Secara keseluruhan,

					terapi komplementer efektif dalam meningkatkan manajemen nyeri, kecemasan, dan depresi pada masa kehamilan, persalinan, dan postpartum.
12	Villar-Alises, Martinez-Miranda, & Martinez-Calderon, 2023	Prenatal Yoga-Based Interventions May Improve Mental Health during Pregnancy: An Overview of Systematic Reviews with Meta-Analysis	Overview of Systematic Reviews with Meta-Analysis. Menganalisis 10 systematic review yang mencakup 15 meta-analisis dan 32 penelitian primer terkait yoga prenatal selama kehamilan.	Intervensi berbasis prenatal yoga yang dievaluasi pada berbagai penelitian sistematik dan meta-analisis.	Sebagian besar meta-analisis (93%) menunjukkan bahwa prenatal yoga efektif dalam menurunkan kecemasan, depresi, dan stres pada ibu hamil dibandingkan kelompok kontrol. Temuan menunjukkan bahwa yoga prenatal berpotensi meningkatkan kesehatan mental selama kehamilan, meskipun kualitas metodologis beberapa studi masih perlu ditingkatkan.
13	Bulguroglu, 2024	The Effects of Online Pilates on the Mood and Fear of	Randomized Controlled Study. Responden	Program online prenatal pilates selama 8 minggu sesuai pedoman	Setelah intervensi, kelompok online pilates

		Birth of Pregnant Women: A Randomized Controlled Study	dibagi menjadi kelompok Online Pilates Group (OPG) dan kelompok kontrol (CG). Pengukuran dilakukan sebelum dan sesudah intervensi.	American College of Obstetricians and Gynecologists (ACOG), sedangkan kelompok kontrol diberikan program latihan mandiri di rumah.	mengalami penurunan depresi, kecemasan, dan ketakutan menghadapi persalinan secara signifikan ($p < 0,05$), sedangkan kelompok kontrol tidak menunjukkan perubahan bermakna ($p > 0,05$). Hasil akhir menunjukkan online pilates efektif meningkatkan kondisi psikologis ibu hamil.
14	Konsam dkk., 2024	Effectiveness of Comprehensive Health-literacy And Relaxing Music (CHARM) Intervention on Pregnancy-Related Anxiety Among Low-Risk Primigravid Women: A Randomized Controlled Trial	Randomized Controlled Trial (RCT), 128 ibu hamil primigravida risiko rendah yang dibagi menjadi 4 kelompok (CHARM, musik relaksasi, literasi kesehatan, dan perawatan standar).	Intervensi CHARM (kombinasi edukasi kesehatan komprehensif dan musik relaksasi) selama 4 minggu melalui platform berbasis web.	Intervensi CHARM secara signifikan menurunkan kecemasan terkait kehamilan dibandingkan kelompok musik relaksasi saja, literasi kesehatan saja, dan kelompok perawatan standar ($F(3,124)=5,6$; $p=0,001$). CHARM dinilai efektif untuk meningkatkan

					kesejahteraan mental perinatal pada ibu hamil primigravida.
15	Sembiring dkk., 2023	Pengaruh Terapi Musik terhadap Tingkat Kecemasan Ibu Hamil dalam Menghadapi Persalinan di PMB Pinondang Hutasoit Medan Tembung	Quasi eksperimen Non Equivalent Control Group, 46 responden (2 kelompok: 15 menit & 30 menit)	Terapi musik klasik 15 menit vs 30 menit, kuesioner HARS	Kedua durasi menurunkan kecemasan; terapi 30 menit lebih efektif ($p=0,000$, Mann-Whitney)
16	Valentina & Tangke, 2025	Penyuluhan dan Pelatihan Terapi Komplementer Senam Hamil untuk Persiapan Persalinan di Desa Batu Putih Kecamatan Murung	Kegiatan pengabdian masyarakat dengan desain pre-test dan post-test, 10 ibu hamil trimester II–III di Desa Batu Putih	Penyuluhan dan pelatihan senam hamil (teknik pernapasan, latihan otot panggul, dan posisi persalinan)	Terdapat peningkatan pengetahuan sebesar $\pm 80\%$ mengenai manfaat senam hamil serta peningkatan keterampilan ibu hamil dalam melakukan latihan. Kegiatan ini terbukti efektif meningkatkan kesiapan fisik dan mental ibu hamil dalam menghadapi persalinan

DISCUSSION

The study by (Nugrawaty *et al.*, 2024) conducted at Posyandu Ceria highlights the role of health education in improving maternal knowledge regarding complementary therapy using relaxation techniques. Through a pre-test and post-test design, the results showed an increase in pregnant women's understanding after receiving education and training. This finding

emphasizes that simple relaxation-based interventions delivered at community health services are effective in enhancing maternal awareness of nonpharmacological strategies to manage pregnancy discomfort and improve maternal preparedness.

The study by (Sepriani and Atiyah, 2024) found a significant relationship between aromatherapy use and reduction of nausea in pregnant women ($p=0.001$). Most respondents who used aromatherapy reported no nausea, indicating that complementary therapies such as aromatherapy can be an effective nonpharmacological approach in managing early pregnancy symptoms. This supports the integration of simple, accessible interventions into routine antenatal care.

Similarly, the systematic review and meta-analysis by (Corrigan *et al.*, 2022) strengthen the evidence for prenatal yoga as an effective intervention. The study found that yoga during pregnancy significantly reduces anxiety, depression, and stress while also improving childbirth outcomes such as reducing labor duration and increasing the likelihood of normal delivery. These findings suggest that mind-body practices are not only beneficial for psychological well-being but also contribute to better obstetric outcomes.

The meta-analysis by (Jin *et al.*, 2024) further supports the effectiveness of complementary therapies, specifically acupuncture, in managing nausea and vomiting during pregnancy. The results indicate that acupuncture combined with standard medical therapy is more effective than medical therapy alone in improving pregnancy-related nausea outcomes. This reinforces the potential of integrating traditional and modern therapeutic approaches in maternal care.

The randomized controlled trial by (Hasibuan *et al.*, 2024) demonstrated that prenatal yoga significantly reduces anxiety and improves sleep quality among pregnant women. The intervention also improved emotional regulation, self-efficacy, and overall pregnancy experience. This provides strong evidence that structured physical and relaxation-based programs can enhance maternal mental health during pregnancy.

In line with symptom management during early pregnancy, (Pohan, Jahriani and Tanjung, 2023) found that coriander essential oil aromatherapy significantly reduces nausea and vomiting in first-trimester pregnant women ($p=0.000$). This supports previous findings that aromatherapy is an effective complementary therapy for managing physiological discomforts in pregnancy.

The study by (Setiyarini *et al.*, 2024) also confirmed that prenatal yoga has a significant effect on reducing anxiety in pregnant women facing childbirth ($p<0.001$). Despite the small sample size, the results consistently indicate that gentle yoga practices can be beneficial in reducing maternal anxiety and improving psychological readiness for delivery.

Further evidence is provided by the systematic review of (Wakjira *et al.*, 2025), which showed that prenatal yoga and reflexology significantly reduce labor duration and pain intensity during childbirth. These findings highlight that complementary therapies not only improve psychological outcomes but also contribute to more efficient and less painful labor processes.

The meta-analysis by (Mascarenhas *et al.*, 2025) reinforces the effectiveness of aromatherapy in improving both physiological and psychological outcomes during pregnancy. Aromatherapy was found to reduce nausea, lower anxiety levels, and improve sleep quality, confirming its role as a safe and effective complementary therapy in maternal health care.

The topical review on mind-body practices further supports these findings by explaining that interventions such as prenatal yoga, meditation, Pilates, breathing techniques, acupressure, and reflexology provide broad benefits for physical comfort, emotional stability, and psychological well-being during pregnancy. These interventions are especially valuable in reducing stress and preparing mothers for childbirth.

The systematic review by (Lima-De-La-Iglesia *et al.*, 2024) also found that various complementary therapies, including hydrotherapy, yoga, aromatherapy, acupressure, and reflexology, are effective in reducing pain during labor and improving postpartum recovery. This demonstrates that complementary approaches are beneficial across all stages of the perinatal period.

Supporting this, (Villar-Alises, Martinez-Miranda and Martinez-Calderon, 2023) reported that most systematic reviews show prenatal yoga effectively reduces anxiety, depression, and stress during pregnancy. Although methodological quality varies across studies, the overall evidence consistently supports yoga as a beneficial intervention for maternal mental health.

The randomized controlled study by (Bulguroglu and Bulguroglu, 2024) showed that online prenatal Pilates significantly reduces depression, anxiety, and fear of childbirth compared to standard home exercise programs. This indicates that digital-based interventions can also be effective in improving maternal psychological outcomes.

The CHARM intervention study by further strengthens the evidence that combined interventions, such as health literacy education and relaxation music, are more effective in reducing pregnancy-related anxiety compared to single interventions or standard care. This highlights the importance of comprehensive and integrated approaches in maternal mental health care.

The community-based intervention by also demonstrated that prenatal exercise education (pregnancy exercise/senam hamil) significantly increases maternal knowledge and skills. This improvement contributes to better physical and psychological readiness for childbirth.

CONCLUSION

Based on the 16 reviewed articles, it can be concluded that complementary therapy during pregnancy plays a significant role in improving both the physical and psychological health of pregnant women. Various interventions such as prenatal yoga, aromatherapy, music therapy, acupuncture, reflexology, and pregnancy exercise have been shown to be effective in reducing anxiety, stress, and physiological discomfort such as nausea and vomiting during pregnancy.

SUGGESTION

The literature review you have compiled is quite comprehensive, but there are some suggestions that can strengthen its quality. First, it is recommended to expand the variables examined to include other psychosocial factors such as employment status, economic status, and access to health services, as these can provide a more comprehensive picture of the determinants of anxiety. Second, the analysis can be deepened by grouping internal factors (age, gravitational status, knowledge) and external factors (husband, family, religiosity, ANC compliance, education) in the form of tables or diagrams, making it easier for readers to understand the patterns of relationships between factors. Third, add methodological criticism of the study under review, such as The limitations of cross-sectional designs that only demonstrate cause-and-effect relationships, as well as the importance of longitudinal studies or randomized controlled trials to strengthen the evidence. Fourth, integrate findings with midwifery practice, such as how midwives can actively engage husbands in pregnant women's classes or ANC visits, as well as a proposed community-based intervention model that combines health education with family support.

Fifth, it provides recommendations for further research with a larger sample and diverse locations so that the results are more general, as well as encouraging the exploration of religiosity and cultural factors that are still rarely studied. Finally, pay attention to the consistency of the writing by explaining terms such as "husband support" in detail (informational, emotional, instrumental, judgmental dimensions) so that the discussion is more focused and not repetitive. With these steps, your literature review will be sharper academically and practically beneficial.

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