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## Research Article

# Prenatal Gentle Yoga on Reducing Complaints of Discomfort in Trimester III Pregnant Women at Klinik Ananda Medika, 2022

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### Abstract

**Aims:** Pregnancy can cause physical and psychological changes, particularly in the third trimester, causing discomfort. Preventing these issues can be achieved through exercise, such as morning walking, static cycling, aerobics, water gymnastics, and dancing. Prenatal Gentle Yoga is a popular method for promoting good health and a normal delivery process.

**Objective:** To determine the effect of Prenatal Gentle Yoga on Reducing Discomfort Complaints in Third Trimester Pregnant Women at Klinik Ananda Medika in 2022.

**Methods:** The research design used in this study was a pre-experimental research method with a one group pretest and posttest design approach, namely a research design using one observation group before and after the experiment. Where the mother has never attended a Prenatal Gentle Yoga class the mother feels uncomfortable with her third trimester pregnancy (pretest) and after the mother attends the Prenatal Gentle Yoga class for 1 hour 2x a week for 4x and the mother feels comfortable (post test).

**Results:** Based on the results of the pretest, it was found that 11 respondents (73.33%) had moderate complaints and 4 respondents had moderate and severe complaints and after Prenatal Gentle Yoga there were 10 respondents (66.67%) were pregnant women who had complaints mild discomfort, 5 respondents (33.33%) were pregnant women who experienced moderate complaints, and there were no severe categories. Based on the data above and according to the results of the Wilcoxon statistical test, a significant number or probability value (0.001) is much lower than the significant standard of 0.05 or ( $p < \alpha$ ), then  $H_0$  is rejected and  $H_a$  is accepted, which means that there is an effect before and after the Prenatal Gentle class. Yoga at Klinik Ananda Medika.

**Conclusion:** Based on the results of a study of 15 respondents who had done Prenatal Gentle Yoga with at least 4 class meetings, it showed that pregnant women in their third trimester had complaints of pregnancy discomforts such as frequent urination, shortness of breath, back pain, heartburn, constipation, insomnia, discomfort in the perineum, calf muscle cramps, varicose veins, ankle edema, fatigue, erratic moods, and increased anxiety indicate that the complaints are felt to be milder and even non-existent.

### Keywords:

Discomfort in Pregnant Women TM III – Prenatal Gentle Yoga – Third Trimester of Pregnancy

## INTRODUCTION

The definition of pregnancy is the union of the spermatozoa and the ovum, followed by nidation or implantation. A normal pregnancy will last 40 weeks, or 10 lunar months or 9 months according to the international calendar, from the time of fertilization to the birth of the baby. The first trimester of pregnancy lasts 12 weeks, the second trimester 15 weeks (13th to 27th week), and the third 13 weeks (28th to 40th week). Physical changes that can cause discomfort during pregnancy, particularly in the third trimester, include frequent urination, shortness of breath, low back pain, heartburn, constipation, insomnia, perineum discomfort, calf muscle cramps, varicose veins, edema, leg pain, easy fatigue, false contractions, mood swings, and increased anxiety. There is discomfort in pregnant women, such as leg swelling (20%), leg cramps (10%), shortness of breath (60%), headaches (20%), and back pain (70%), and 21% of pregnant women exhibit clinical signs of anxiety, which will remain in the puerperium. Maternal mortality was 684 instances per 873,575 live births in West Java province. In 226 cases (33%), the cause of maternal death was hemorrhage, in 218 cases (31.87%), infection 23 cases (0.33%), circulatory system diseases 65 cases (0.95%), metabolic disorders 12 cases (0.17%), and others 140 cases (20.46%). While the infant mortality rate in West Java province was 2,355 cases, the causes of death were asphyxia 650 cases (27.6%), neonatal tetanus 3 cases (0.012%), sepsis 74 cases (0.31%), congenital abnormalities 273 cases (11.59%), and others 407 cases (17.28%) ((1).

The maternal mortality rate in Karawang in 2020 was 60 instances, while the infant mortality rate was 136 cases (2). During pregnancy, mothers experience physical and psychological changes that might be uncomfortable, particularly in the third trimester, such as frequent urination, back pain, constipation, varicose veins, tiredness,

leg cramps, ankle edema, mood changes, and increased concern. Pregnancy exercise, morning walking, static cycling, aerobics, water gymnastics, and dancing are some of the strategies used to avoid complaints of discomfort during pregnancy, ensuring that the mother and fetus are in good condition and that the birth process goes well. One of the workout routines performed during pregnancy is prenatal gentle yoga (3).

Yoga is a science that describes the connection between the physical, mental, and spiritual aspects of human beings in order to achieve overall wellness. Yoga, which derives from the Sanskrit word for union, sprang from ancient Indian civilization 5000 years ago and attempts to integrate the atman (self) with Brahman (the Creator). Prenatal yoga (yoga for pregnancy) is a variation of traditional yoga that has been modified to accommodate the physical state of pregnant women and is conducted at a gentler and slower pace. Apart from overcoming sleep disorders, practicing yoga during the third trimester of pregnancy is also a useful self-help medium that will reduce discomfort during pregnancy, aid in the delivery process, and even mentally prepare for the early days after giving birth and raising children. (4,5)

## METHODS

This study used the pre-experimental research method, with a one group pretest and posttest design approach, i.e. a research design with one observation group before and after the experiment. Where the mother has never attended a Prenatal Gentle Yoga class, she feels uncomfortable in the third trimester of pregnancy with complaints of insomnia, constipation, leg cramps, bloating, leg swelling, anxiety, shortness of breath, cramps, and low back pain (pretest), and she feels comfortable after attending the Prenatal Gentle Yoga class for one hour twice a week for four weeks (post test). This study included 15 pregnant women in their third trimester (28-39 mg) who attended the

Prenatal Gentle Yoga session at Ananda Medika Clinic Karawang in October 2022. This study involved 15 pregnant women in Trimester III (gestational age 28-39 mg) who will take part in prenatal gentle yoga at Ananda Medika Karawang Clinic 2022.

The following research instruments were used in this study: As a written consent from the respondent, an informed consent document is used. The questionnaire sheet includes a collection of questions to use as a

guide while conducting interviews with respondents to learn about their qualities. In this study, questionnaires were distributed to pregnant women in their third trimester before and after attending gentle yoga prenatal courses at Ananda Medika Clinic 2022. Data gathering ethics, informed consent, anonymity, confidentiality, Respect for human dignity (respect for human dignity), Nonmaleficence (nonmaleficence), and Justice (justice).

## RESULTS

### Univariate analysis

**Table 1. Distribution of frequency characteristics of respondents based on age**

No	Age	(Frequency) F	%
1.	< 20 years	1	6,67 %
2.	20 – 35 years	11	73,33 %
3.	> 35 years	3	20,00 %
Total		15	100 %

Based on table 1, it is known from 15 respondents that most of the third trimester pregnant women are aged 20-35 years, namely 11 respondents (73.33%), those aged > 35 years are 3 respondents (20.00%), while those aged ≤ 20 years only 1 respondent (6.67%).

**Table 2. Distribution of frequency characteristics of respondents based on education**

No	Education	(Frequency) F	%
1.	basic education (SD-SMP)	1	6,67
2.	Middle education (SMA/SMK)	11	73,33
3.	higher education (College)	3	20,00
Total		15	100

Based on table 2, the education of third trimester pregnant women with secondary education level (SMA/SMK) is 11 respondents (73.33%), higher education (higher education) is 3 people (20.00%), and basic education (SD-SMP) ) as many as 1 person (6.67%).

**Table 3. Distribution of frequency characteristics of respondents based on work**

No	Work	(Frequency) F	%
1.	Housewife	10	66,67
2.	Entrepreneur (traders, farmers, etc.)	3	20,00
3.	Private (Factory workers, farm labourers, etc.)	2	13,33
Total		15	100

Based on table 3, the most occupations owned by third trimester pregnant women are housewives with 10 respondents (66.67%), entrepreneurs (traders, farmers, etc.) with 3 people (20.00%), and private (factory workers, farm laborers, etc.) as many as 2 people (13.33%).

**Table 4. Distribution of frequency characteristics of respondents based on parity**

No	Parity	(Frequency) F	%
1.	Primipara	4	26,67
2.	Multipara	9	60,00
3.	Grandemultipara	2	13,33
	Total	15	100

Based on table 4, pregnant women in the third trimester who had multipara parity were 9 respondents (60%), Primiparas were 4 people (26.67%), Grandemultiparas were 2 people (13.33%)

**Table 5. Distribution of frequency of complaints of discomfort before (pre test) doing prenatal gentle yoga**

No	complaints of discomfort before (pre test)	(Frequency) F	%
1.	Light	1	6,67
2.	Currently	11	73,33
3.	Heavy	3	20,00
	Total	15	100

Based on table 5, it is known that from 15 respondents it was shown that third trimester pregnant women who had complaints of discomfort before doing Prenatal Gentle Yoga were only 1 respondent (6.67%) in the mild category, while in the moderate category there were 11 respondents (73.33%), and in the moderate category there were 11 respondents (73.33%), and in the mild category weight as many as 3 respondents (20%).

**Table 6. Frequency distribution of complaints of discomfort after (post test) doing prenatal gentle yoga**

No	Complaints of discomfort (post test)	(Frequency) F	%
1.	Light	10	66,67
2.	Currently	5	33,33
3.	Heavy	0	0,00
	Total	15	100

Based on table 6, it is known that pregnant women in the third trimester after doing Prenatal Gentle Yoga who had complaints of pregnancy discomfort in the mild category were 10 respondents (66.67%), complaints of discomfort in pregnancy in the moderate category were 5 respondents (33.33%) and complaints of discomfort pregnancy in the weight category does not exist.

## Bivariate Analysis

### Bivariate Test

#### Normality test

Data normality was tested using Shapiro Wilk's Test of Normality at a significance level of 0.05 with the help of SPSS 25.0 for Windows which can be seen in the following table.

**Table 7. Normality Test Results Difference in Pre-Test and Post-Test Questionnaire Complaints of Pregnancy Discomfort**

No	Normality Test	Significance Value	Description
1	Difference in Pre Test and Post Test Values	0,012	Abnormal

Based on table 7 it is known that the significance value is 0.012 where  $p < \alpha$  (0.05), it is concluded that the data is not normally distributed. Thus, hypothesis testing is carried out by using the Non-Parametric Test using the Wilcoxon Test.

#### Hypothesis testing

Because the data were not normally distributed, the Wilcoxon test was used to assess hypotheses. The Wilcoxon Test analysis to examine the effect of prenatal gentle yoga on discomfort in third trimester pregnant women at Ananda Medika Clinic in 2022 is shown below.

**Table 8. The Effect of Prenatal Gentle Yoga on Complaints of Discomfort**

Pregnancy Complaints	Light		Currently		Heavy		Total		Value p	Decision
	f	%	f	%	f	%	f	%		
Pre test	1	6,67	11	73,33	3	20	15	100	0,001	There is
Post test	10	66,67	5	33,33	0	0	15	100		Influence

*Uji Wilcoxon :  $p(0.001) < \alpha (0.05)$*

The Wilcoxon analysis yielded a p value (0.001) a (0.05), indicating that prenatal gentle yoga had an effect on lowering complaints of discomfort in third trimester pregnant women at the Ananda Medika Clinic in 2022. According to table 8, the pretest results obtained 11 respondents (73.33%) with moderate complaints and 4 respondents with moderate and severe complaints, and after Prenatal Gentle Yoga there were 10 respondents (66.67%) with mild discomfort, 5 respondents (33.33%) with moderate complaints, and there are no severe categories. Based on the data above and the Wilcoxon statistical test results, a significant number or probability value (0.001) is much lower than the significant standard of 0.05 or (p), so  $H_0$  is rejected and

$H_a$  is accepted, indicating that there is an effect before and after the Prenatal Gentle class. Ananda Medika Clinic offers yoga classes.

## DISCUSSION

Prenatal gentle yoga is a type of hatha yoga that is designed specifically for pregnant women's requirements. This yoga is practiced at a softer, slower pace, incorporating movements that combine breathing and relaxation, so that pregnant women feel healthy, fresh, comfortable, calm, relaxed, serene, and happy, and ready for an easy, gentle birth with little trauma and a speedier self-recovery phase. According to a study conducted by (6)

"Effectiveness of Prenatal Yoga on Reducing Physical Complaints in Third Trimester Pregnant Women in Dasan Cermen Village, Working Area of Babakan Health Center, Sandubaya District," the average of pregnant women's complaints before antenatal yoga was 12.76, with a standard deviation of 2.208. The average complaint of pregnant women after antenatal yoga was 12.17, with a standard deviation of 2.910. The mean difference between pre- and post-test readings is 0.59, with a standard deviation of 1.103. Based on the statistical test results ( $p$  value = 0.005), it is possible to conclude that there is a significant difference between complaints of pregnant women before and after antenatal yoga.

According to (7) study titled "The Effect of Prenatal Care Yoga on Reducing Complaints of Discomfort for Trimester III Pregnant Women at the Putri Ayu Health Center, Jambi City," most of the mothers' education was high school/equivalent, namely 17 respondents (53.1%), most of the mothers' work was housewives, namely 27 respondents (84.4%), most Gravida mothers were 1-2, Prior to the prenatal care yoga training, the majority of mothers, 21 in total (65.6%), suffered back pain. 15 responders (46.9%) reported less discomfort after the prenatal care yoga instruction. According to the statistical test results, the  $p$ -value 0.000 (CI 95%) indicates that prenatal care yoga has an effect on lowering discomfort in third trimester pregnant women at the Putri Ayu Health Center in Jambi City in 2019.

According to the findings of study at the (4,8), pregnant women who practice yoga on a daily basis benefit both the mother and the fetus. Increasing the baby's birth weight, minimizing complaints of discomfort, reducing the occurrence of premature birth, and preventing various pregnancy problems are among them. Yoga exercises include various relaxations, modifying postures (yoga asanas), breathing exercises, and meditation for one hour three times each week.

## CONCLUSION

There was just one respondent (6.67%) with mild concerns, 11 (73.33%) with moderate complaints, and 3 (20%) with severe complaints. Complaints of discomfort for third trimester pregnant women after practising prenatal gentle yoga, the majority of third trimester pregnant women encountered mild complaints, with 10 respondents (66.67%), moderate complaints, 5 respondents (33.33%), and no severe complaints. According to the findings of hypothesis testing, there was an influence before and after prenatal yoga. According to researchers, women feel a lot of discomfort during pregnancy, which may not be an independent symptom, but all the difficulties are integrated, and one complaint might aggravate other complaints. (9,10)Yoga is one of several viable options for improving a mother's comfort during pregnancy. This is consistent with the premise that all parts of prenatal gentle yoga induce deep relaxation in women, allowing them to feel at ease in their own bodies and minds. Yoga can also assist pregnant women by providing them with the tools they require for a comfortable pregnancy.

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