

## An Analysis of Prenatal Yoga for Pregnant Women at Eka Sri Wahyuni Clinic

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### ABSTRACT

During pregnancy, mother pregnant will experience many very change that can causing and also causing a feeling of not comfortable especially when entering the second and third trimesters. Yoga practice being one method and effort To use overcome and also reduce the feeling of not comfortable as well as always physical get complained during pregnancy . Destination study this conducted To use knowing how much big influence of prenatal yoga on complaint physical as well as feeling not comfortable for mom second and third trimester of pregnancy. Research the use quasi - experimental method that is system *one group pre test- post test design* is taken from a number of sample respondent where use technique *purposive sampling*. Data analysis wear system *dependent samples t test*. this result will show average score complaint physique from mothers pregnant before doing prenatal yoga 7.63, meanwhile after do prenatal yoga, then got 4.80. The results of the *dependent samples t test* obtained a p value of 0.000. Conclusion from study the found that is prenatal yoga can be one reason decline complaint physique of pregnant women entering the second and third trimesters. It is hoped that prenatal yoga can conducted in a manner routine to Pregnant Women and can formed Prenatal Yoga class.

#### Keywords:

Pregnant Women , Prenatal Yoga, Complaints Physical , No Comfortable

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## 1. INTRODUCTION

During pregnancy, mother pregnant of course just will experience the name change form physical and also influential big to side psychological them. On change side physiological of course just no only happens in shape gross physique eye just. However change Physiological changes also occur in the area of the reproductive organs as well as on the system cardiovascular until to respiration and kidneys. Change side physique or physiology also occurs in the area integumentary, musculoskeleta , neurology until to channel digestive and endocrine . Practical Thing the will cause a feeling of discomfort to mothers pregnant especially those already entering the second and third trimesters [1].

Change mother 's physique pregnant can happen and usually form *dyspnea*, *insomnia*, *gingivitis* and also *e pulsi*. Change this of course just make pregnant women will experience urinate with sufficient intensity often, the pressure and also the feeling of not discomfort in the perineal area, pain back and also constipation. Varicose and also easy tired as well as contraction *Braxton Hicks* often mother also experienced pregnant. Not seldom also will experience leg cramps up edema in the ankle area [7].

There are several action possible prevention done by mothers pregnant when entering the second and third trimesters of pregnancy. And so that mother and fetus permanent is at in healthy and normal condition later can have a normal birth process smoothly, of course just there is a number of possible activities done by mothers pregnant. Like sport Street morning, water gymnastics, static cycling and also dancing. And one activities that can Also doing is yoga.

Pregnancy exercise can also done by mothers pregnant. And pregnancy exercise this there is many kind. Namely yoga, pilates, kegels and also *hypnotherapy* [4]. There are several possible profit mothers get pregnant women who do pregnancy exercise and also exercise with intensity medium . The advantage is reduce complaint physical and also can lower weight for mothers pregnant.

Another possible advantage is also obtained with opportunity for lower complications when mother pregnant enter to in labor . Until the process of childbirth with normal way of being more short and fast . recovery process when enter to the postpartum period after give birth to will more fast. Plus again decline weight during this postpartum far more quickly [9].

Yoga is one activity combined sport combination from though body and also stretching breath in as well as meditation . Yoga indeed created and designed for To do stretching to muscles and also maintain flexibility bone back and joints. Yoga makes breathing in will create enhancement Genre oxygen to in brain. With this process, of course can reduce anxiety, depression and also disorders psychological as well as symptom pain in the back area part down.

### **Research Purposes**

Prenatal yoga or yoga exercises during pregnancy is one skills in To do though form mind technique development personality so you can make physique Becomes more and these yogas trace to side psychological as well as spiritual. While this antenatal yoga can also used for help mothers get pregnant so you can control thoughts and desires they as well as reaction to stress after do childbirth. Yoga practice can conducted with various coverage . Like various method relaxation, organize posture and also exercise breathing up meditation [5].

Destination of this prenatal yoga of course just To use prepare mother pregnant good from facet physically and mentally from the mother. This is so mom pregnant can have trust more self good as well as get belief when To do labor with smooth and comfortable too.

Yoga during pregnancy this have method practice with merger posture special and technical enough beneficial for mothers pregnant who has ability to use for help relieve feelings of disquiet convenience that occurs consequence change body during pregnancy.

Prenatal yoga can cause mother 's body pregnant will more flexible and comfortable too. Plus again can make circulation blood will more fine and smooth. Besides that yoga can make sick back and waist too consequence pregnancy is also resolved. This is accompanied by a feeling of soreness and swelling.

Mothers pregnant often experience complaint among them often urinate, section back feels pain easy experience tired, sick waist and also experienced leg cramps. This be one complaint common physiology accepted by mothers pregnant. For handle order complaints the reduced, for one with give training physique about prenatal yoga. Destination from study this to use knowing influence of prenatal yoga on complaint maternal physiology second and third trimesters of pregnancy.

### **Literature Review**

Study this use method *quasi experiment*. Methods that use sample *one group pre test-post test design*. Method this will retrieve the data obtained and also collected in the period certain from sample respondent. Population research taken are mothers already pregnant entering the second and third trimesters. Especially those who come to class mother pregnant at the Eka Sri Wahyuni Clinic. Instruments used in this Prenatal Yoga research process is questionnaire where in it about complaint physical condition suffered by mothers pregnant . Measurement complaint physique mother pregnant the held for 2 times. for the measurement process first will done and taken before mothers pregnant do prenatal yoga or *pre test* .

Then this prenatal yoga practice will give by the coach already have certification in a manner official . Exercise will going on for 45 minutes up to 1 hour. Instructor later will give practice every a week once and done for 4 weeks. over To do practice , pregnant women later will requested To use To do exercise already given it at home each other 's house day . And required for to do recording practice. After mothers pregnant routine practice prenatal yoga for 4 week , mothers pregnant this will researched return about complaints received before do yoga. And data management from mother respondents pregnant, there is tin kat trust up to 95% with score  $p < 0.05$ .

## **2. METHOD**

Research conducted at the Eka Sri Wahyuni Clinic to sample respondent to mother pregnant in the second and third trimesters, will analyzed To use get as well as knowing effect from prenatal yoga to complaint physical. And those data taken before and also after the prenatal yoga activities. Obtained data this will tested in a manner univariate as well as bivariate.

On research the obtained that aged woman between 20 and 35 years this is very appropriate age for gestational age. This caused by age the reproductive organs and also the pelvis develop with enough perfect. And reproductive organs already ready for sustain pregnancy.

Temporary for woman under age 20 years or over 35 years, be enough age vulnerable for woman who wants pregnant. Because condition physique mother pregnant at ages the no perfect in support the reproductive organs to use experience pregnancy.

On research the show that mother pregnant to follow prenatal yoga activities recorded as much as 56.7%. And all are in Trimester 3. Changes physiological mother pregnant of course just raises a number of symptom sure specific just in accordance with stages pregnancy of the 3 trimesters.

Enhancement age pregnancy too get attention special especially if already enter to the third trimester. Because this is where it happens growth as well as development growing fetus from day to day [5]. Prenatal yoga can just done in the early days pregnancy. However must get recommendation doctor if fetus in circumstances fine just.

Study it also sifts complaint physique from mothers pregnant before they To do prenatal yoga activities. Logged data is 7.63 with standard deviation around 1,159. And the data logger process after the mothers pregnant doing prenatal yoga is 4.80. Standard deviation that occurs is 1,297. The average difference from research pre-test and also post-test is 2.83.

### 3. RESULTS AND DISCUSSION

Research results this same match with research conducted by [8]. The average mother pregnant experience same complaint before do yoga pregnant exercise. And the respondents also experienced same thing that is subtraction all complaint. Complaint this felt by mothers pregnant like fast tired, hard for sleep, breath short and also edema accomplices. Until complaint painful waist, spasm muscle as well as anxiety. Not rarely feel contractions fake is also felt by mothers pregnant.

Prenatal yoga indeed be one method for resolve condition mother experiencing pregnant change as well as complaint. Yoga enough good to use guard mother 's health pregnant to use prepare self face labor later. And yoga has technique supportive exercises for the birthing process. And practice this of course drip weight on the sides control muscles, breathing and relaxation.

### 4. CONCLUSION

From research the got bye that there is characteristics respondents aged 20 to 35 years around 86.7%, primigravida parity at 60%, and also age pregnancy in the third trimester. This prenatal yoga in a manner real can reduce complaint physical happening to mothers pregnant in the 2nd and 3rd trimesters. And grades complaint physique the have significant decrease. Before doing prenatal yoga, obtained data 7.63 with standard deviation 1.159.

After conducted prenatal yoga training, recorded an average data of around 4.80 with standard deviation 1,297. From statistical tests use method *dependent samples t test* finally obtained enough results significant that is *p-value* 0.000. So that can concluded that the prenatal yoga practice can lower complaint physical symptoms that occur during the 2nd and 3rd trimesters.

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