

*Original Research*

# The Effect of Yoga Exercise on Anxiety Levels Primigravida Third Trimester Pregnant Women in PMB Eny Islamiati Bululawang Malang

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## ABSTRACT

**Background:** Pregnancy is a significant and indelible experience in a woman's life. Pregnancy has the potential to become an emotional upheaval for certain women. If not properly handled, it can lead to issues for both the mother and the newborn. Substantial data indicates a strong correlation between pregnancy and various psychological issues among expectant mothers, such as worry, anxiety, and sadness. Physical exercise, such as meditation or yoga, is a treatment used to decrease anxiety in pregnant women. The aim of this study was to assess the impact of prenatal yoga on the anxiety levels of primigravida pregnant women in the third trimester at PMB Eny Islamiati Bululawang Malang. **Methods:** This research employs quantitative methodologies with a pre-experimental design utilizing a one-group pretest post-test design. Specifically, it involves studying a single group of individuals and measuring their characteristics both before and after receiving therapy. **Results:** The study revealed that all 16 respondents encountered anxiety before the session. Following the administration of partial intervention, 43.8% of the respondents reported no anxiety, 43.8% reported mild anxiety, and 12.5% reported moderate anxiety. Subsequently, a p-value was obtained, indicating that exercise affects anxiety levels. The impact of yoga on anxiety levels of primigravida pregnant women in their third trimester will be studied at PMB Eny Islamiati Bululawang Malang. **Conclusions:** The researchers found significant variations in anxiety levels among Primigravida III Trimester pregnant women before and after participating in yoga exercises at PMB Eny Islamiati Bululawang, Malang Regency

**Keywords:** Anxiety; yoga; exercises third trimester; pregnant women

## 1. INTRODUCTION

Pregnancy is a significant and memorable experience for women, encompassing both happy emotions and potential stress. Pregnancy can also be a source of intense mental distress for certain women, and if not well addressed, it can result in issues for both the mother and the newborn. There is much evidence indicating that several psychological issues experienced by pregnant women, such as fear, worry, and depression, are closely associated with pregnancy.<sup>(1)</sup> Anxiety is the manifestation of concern, unease, and apprehension around anything with unpredictable outcomes, and it can impact or trigger depression. Worrying is a common and somewhat beneficial response to worry related to specific features.<sup>(2)</sup>

According to data from the World Health Organization (WHO) in 2019, around 12,230,142 pregnant women worldwide were reported to have complications during the final stage of pregnancy, with 30% experiencing anxiety related to childbirth. According to a study, 57.5% of pregnant women in Indonesia who suffer from acute anxiety exhibit high levels of anxiety.<sup>(3)</sup> A study conducted by Zakiyah, et al in East Java found that 31.4% of pregnant women experienced extremely high levels of anxiety, 12.9% experienced high levels of anxiety, while the remaining women did not suffer anxiety or were within the usual range.<sup>(4)</sup> Research by Sari and Parwati conducted in Bali during the onset of the COVID-19 pandemic found that 40.35% of individuals experienced severe anxiety, 31.58% experienced high anxiety, and 28.07% experienced mild anxiety.<sup>(3)</sup>

Anxiety during labor might be influenced by the level of trust or distrust in pregnant women's reactions to falsehoods they have heard from others. Pre-labor emotions are associated with pregnant women's experiences of either terror or lack of fear before experiencing intense pain during labor. Moreover, a lack of understanding leads to heightened susceptibility to anxiety, inadequate awareness of relevant information provided by healthcare professionals on labor, and insufficient support from one's spouse and family during the process of giving birth.<sup>(1)</sup>

Research has demonstrated that engaging in physical activity can effectively decrease and remove feelings of anxiety related to pregnancy.<sup>(5)</sup> One effective method of reducing anxiety is engaging in yoga exercises, which promote both physical flexibility and muscle strength. Additionally, practicing yoga can teach pregnant women to be more attuned to their bodies, resulting in reduced stress levels and a calmer state of mind. Yoga has the potential to enhance physical fitness, enhance overall well-being, optimize the functioning of the autonomic nervous system, offer relief, alleviate labor pain, and expedite the duration of labor.<sup>(5)</sup>

Yoga is an ancient discipline that originated in India and involves the integration of the body and mind. Yoga has the potential to enhance physical well-being, making it particularly beneficial during pregnancy since it serves as a form of physical activity. Additionally, it can boost self-assurance and alleviate stress.<sup>(6)</sup> Prenatal Yoga has several advantages, including alleviating back pain, enhancing physical

fitness, preserving muscle flexibility, assuming postures, promoting relaxation, managing stress, and mastering essential breathing methods for labor. To enhance the flow of blood throughout the body.<sup>(7)</sup> Prenatal yoga comprises several exercises, such as centering, belly breathing, warming up, Cow position, Cat Pose, child position, and relaxation.<sup>(7)</sup>

The study's findings<sup>(1)</sup> show the impact of engaging in prenatal yoga on diminishing anxiety levels throughout the third trimester of pregnant mothers. Maidina Putri's study revealed a 10.1% reduction in anxiety among primigravida pregnant women in their third trimester. However, it should be noted that 89.9% of the decrease in anxiety was attributed to other factors. The study also indicates that the efficacy of prenatal yoga in reducing anxiety levels among first-time and multiple-time pregnant women is demonstrated by the changes in HARS scores before and after participating in prenatal yoga.

From the literature and journals above it can be seen that prenatal yoga affects reducing anxiety in pregnant women, especially in the third trimester. However, a review or discussion is still needed which is more in-depth and complete regarding journals that research. The influence of prenatal yoga on anxiety levels of pregnant women in the first trimester III. Given the information provided, researchers are interested in studying the impact of prenatal yoga on the anxiety levels of pregnant women in their third trimester.

## 2. METHODS

### 2.1 Research Design

This research employs quantitative methodologies with a pre-experimental design utilizing a one-group pretest post-test design. Specifically, it involves studying a single group of individuals and measuring their characteristics both before and after receiving therapy

### 2.2 Study Participants

The population of this study is all 30 primigravida third-trimester pregnant women. The sample used in this study was 16 pregnant women with inclusion criteria pregnancy with first child, a pregnant mother who has never participated in pregnancy exercise and experiences anxiety about childbirth, and with exclusion criteria Pregnant women who

experience complications in pregnancy such as bleeding, hypertension, and preeclampsia.

### 2.3 Questionnaire Developments and Data Collection

The questionnaire used to measure anxiety in this study used the Hamilton Anxiety Rating Scale (HARS), which contains 14 items. Data collection was carried out by collecting primary data from direct data collection by measuring anxiety levels before and after being given prenatal yoga. Secondary data collection, secondary data is data obtained and collected in a study not directly from the sources and is supporting primary data.

### 2.3 Data Analysis

Non-parametric test, namely the Wilcoxon test is the analysis used by the researchers with the help of SPSS V.25.

## 3. RESULTS

### General Data

Based on Table 1, the age of pregnant women from 16 respondents shows that: Most of the maternal ages are 20-25 years as many as 7 respondents (43.8%), 26-30 years old as many as 8 respondents (50.0%), and 31-35 years old as many as 1 respondent (6.3%). Meanwhile, based on the gestational age of 16 respondents showed that: Most of the gestational age is 28-32 weeks as many as 7 respondents (43.8%), gestational age 33-37 weeks as many as 2 respondents (12.5%), and gestational age 38-41 weeks as many as 7 respondents (43.8%). The latest educational characteristics of the 16 respondents showed that: Most of the mothers' last education was junior high school graduated as many as 3 respondents (18.8%), the last education was high school / vocational school as many as 9 respondents (56.3%), and college as many as 4 respondents (25.0%). While the job characteristics of the

**Table 1.** General data explaining the characteristics of respondents based on age, gestational age, education, occupation, income, and status of residence

Characteristic	Frequency	Percent	Valid Percent
<b>Age of Pregnant Women</b>			
20 - 25 years	7	43.8	43.8
26 - 30 years	8	50.0	50.0
31 - 35 years	1	6.3	6.3
<b>Gestational Age</b>			
28 -32 weeks	7	43.8	43.8
33 - 37 weeks	2	12.5	12.5
38 - 41 weeks	7	43.8	43.8
<b>Recent education</b>			
Junior high school graduation	3	18.8	18.8
SMA/SMK ends	9	56.3	56.3
PT	4	25.0	25.0
<b>Work</b>			
IRT	8	50.0	50.0
Buruh	2	12.5	12.5
Wiraswasta	4	25.0	25.0
PNS	2	12.5	12.5
<b>Income (Indonesian Rupiah, IDR)</b>			
750,000 – 1,000,000	8	50.0	50.0
1,200,000 – 1,500,000	2	12.5	12.5
1,700,000 – 2,500,000	6	37.5	37.5
<b>Status of Residence</b>			
Own	12.3	75.0	75.0
Parents	3	18.8	18.8
In-laws'	1	6.3	6.3

16 respondents showed that: Most of the mothers' jobs were IRT as many as 8 respondents (50.0%), workers as many as 2 respondents (12.5%), self-employed as many as 4 respondents (25.0%), and civil servants as many as 2 respondents (12.5%). The income characteristics of the 16 respondents showed that most of the mother's income was IDR 750,000 – 1,000,000 as many as 8 respondents (50.0%), IDR 1,200,000 – 1,500,000 as many as 2 respondents (12.5%) and IDR 1,700,000 – 2,500,000 as many as 6 respondents (37.5%). Based on the characteristics of the residences of 16 respondents showed that: Most of the mother's residence status is owned by 12 respondents (75.0%), owned by parents as many as 3 respondents (18.8%), and owned by in-laws as many as 1 respondent (6.3%).

#### *Characteristics of Respondents Based on Anxiety Levels Before Yoga*

Based on Table 2, the above 16 respondents showed that all respondents of pregnant women before

carrying out yoga exercises experienced anxiety, namely, mild anxiety in 4 respondents (25.0%), moderate anxiety in 7 respondents (43.8%), and severe anxiety in 5 respondents (31.3%). The author can conclude that before carrying out yoga exercises, more mothers experienced moderate anxiety because they were pregnant with their first child and had no experience.

#### *Characteristics of Respondents Based on Anxiety Levels After Yoga*

Based on Table 3, the above 16 respondents showed that all respondents of pregnant women after doing yoga exercises experienced anxiety, namely, there was no anxiety in as many as 7 respondents (43.8%), mild anxiety in 7 respondents (43.8%), and moderate anxiety in 2 respondents (12.5%). The author can conclude that after carrying out yoga exercises, pregnant women experience a decrease in anxiety levels, which is the effect of the yoga exercises provided.

**Table 2.** The frequency distribution of respondents was based on the level of anxiety of pregnant women in the third trimester of primigravida before carrying out yoga exercises at PMB Eny Islamiati Bululawang, Malang Regency

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Mild Anxiety	4	25.0	25.0	25.0
	Moderate Anxiety	7	43.8	43.8	68.8
	Heavy Emergency	5	31.3	31.3	100.0
	Total	16	100.0	100.0	

**Table 3.** The frequency distribution of respondents was based on the level of anxiety of pregnant women in the third trimester of primigravida after carrying out yoga exercises at PMB Eny Islamiati Bululawang, Malang Regency

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Mild Anxiety	7	43.8	43.8	43.8
	Moderate Anxiety	7	43.8	43.8	87.5
	Heavy Emergency	2	12.5	12.5	100.0
	Total	16	100.0	100.0	

#### *Characteristics of Respondents Based on Anxiety Level Before and After Yoga Exercise*

Based on Table 4, the results of the statistical test showed that all respondents experienced anxiety before the intervention to 16 respondents. After being given partial intervention, there was no anxiety in as many as 7 respondents (43.8%), mild anxiety in 7 respondents (43.8%), and moderate anxiety in 2 respondents (12.5%). The results of data analysis of anxiety levels before and after the intervention showed that there were significant differences.

## 4. DISCUSSION

### *Identify the Level of Anxiety Before Carrying out Yoga Exercises in Pregnant Women in the Third Trimester of Primigravida (Pre-Test)*

Table 2 indicates that all 16 responders of third trimester primigravida pregnant women had anxiety, including mild, moderate, and severe anxiety. As stated in reference,<sup>(2)</sup> Anxiety is the manifestation of concern, unease, and apprehension regarding a situation with

**Table 4.** The frequency distribution of respondents was based on the anxiety level of primigravida III trimester pregnant women before and after carrying out yoga exercises at PMB Eny Islamiati Bululawang, Malang Regency.

Information	Pre		Post	
	Frequency	Percentage	Frekuensi	Percentage
Mild Anxiety	4	25.0	7	43.8
Moderate Anxiety	7	43.8	7	43.8
Heavy Emergency	5	31.3	2	12.5
Total	16	100.0	16	100.0

*p*-value Wilcoxon \*0.000

unpredictable results, and it can impact or trigger depression. Worrying is a typical and somewhat beneficial response to feeling anxious about specific issues.

Anxiety during labor might be influenced by the level of trust or distrust in pregnant women's reactions to falsehoods they have heard from others. Pre-labor emotions are associated with the presence or absence of fear felt by expectant mothers before labor, as well as the onset of intense pain during labor. Moreover, a lack of understanding leads to heightened susceptibility to anxiety, a lack of awareness regarding information provided by healthcare professionals on labor, and insufficient support from one's spouse and family when approaching the process of giving birth.<sup>(1)</sup>

Untreated anxiety during pregnancy can have detrimental effects on both the mother and the fetus. The mother's uterine contractions are triggered by it, leading to premature birth, miscarriage, and despair. Consequently, this illness has the potential to elevate blood pressure, leading to the onset of preeclampsia and miscarriage.<sup>(8)</sup>

Anxiety that occurs in pregnant women can cause stiffness in the muscles of the birth canal and will result in fear tension pain and will cause stiffness in the muscles and pain so that the birthing process becomes hampered and can affect the mother's physical condition and the baby's growth and development. Some ways can be done to prevent this by carrying out routine pregnancy checks, attending classes/lessons for pregnant women, and doing pregnancy exercises to improve and maintain the health of pregnant women.<sup>(9)</sup>

Exercise recommended by pregnant women to maintain the health of the body and fetus so that they develop well and also to keep the mother's emotions stable include walking, cycling, swimming, pregnancy exercise, hypnobirthing, and yoga. Yoga is an art movement involving the body and breathing that

originates from India. Yoga can be done by anyone, including pregnant women. Pregnancy yoga helps mothers connect with the baby and its birth through deep practice and building awareness during the labor or delivery process.<sup>(10)</sup>

Apart from types of exercise such as walking, cycling, and swimming, currently in Indonesia, there are exercises intended for pregnant women, one of which is known as prenatal yoga. Prenatal yoga exercises are a modification of basic yoga exercises whose movements are adapted to the condition of pregnant women. Yoga is a body, mind, and mental exercise that helps pregnant women flex their joints and calm their minds, especially for pregnant women in the second and third trimesters. The movements in prenatal yoga are made at a slower tempo and adapt to the pregnant woman's movement capacity.<sup>(11)</sup>

#### *Identify the Level of Anxiety After Doing Yoga Exercises in Pregnant Women Trimester III Primigravida (Post-Test)*

According to the data in Table 3, out of the 16 respondents who participated in yoga activities, the majority saw a decrease in anxiety levels. Specifically, 7 respondents (43.8%) reported no anxiety, 7 respondents (43.8%) reported mild anxiety, and 2 respondents (12.5%) reported moderate anxiety.

Studies have shown that engaging in physical activity can effectively reduce and eliminate pregnancy anxiety.<sup>(5)</sup> One effective method to reduce anxiety is to engage in yoga practice, which promotes physical flexibility and muscle strength. In addition, practicing yoga can help pregnant women develop a heightened awareness of their bodies, leading to reduced stress levels and a calmer state of mind. One effective method to reduce anxiety is to do breathing exercises, including abdominal breathing. Goldfried and Davidson state that relaxation is a strategy in behavioral therapy



created by Jacobson and Wolpe to reduce tension and anxiety. Walker suggests that individuals can use these techniques on their own, without the help of a therapist, to reduce any feelings of stress and anxiety they may be experiencing. Breath relaxation techniques involve deliberate control of breathing patterns, specifically by extending the inhalation to its full capacity and then gradually exhaling. Deep breathing, or diaphragmatic breathing, is a practice that promotes relaxation by emphasizing the connection between mind and body. According to Nursalam,<sup>(12)</sup> yoga has several advantages. It can reduce stress and anxiety in pregnant or postpartum women, promote fetal and placental growth, decrease the occurrence of pregnancy-related problems such as pre-eclampsia and gestational diabetes, aid in the labor process, and reduce back pain in the third trimester. The results of the study Yuniza *et al.*<sup>(13)</sup> there was an effect of prenatal yoga practice in reducing anxiety in the third trimester of pregnant women. In the study of Maidina Putri, there was a decrease in the anxiety of third trimester primigravida pregnant women by 10.1% while 89.9% was influenced by other factors that were not studied. It also states that the effectiveness of prenatal yoga in reducing the anxiety level of primigravida and multigravida pregnant women is shown from the results of HARS scores from before prenatal yoga and after prenatal yoga.

#### ***Analysis of the Effect of Yoga Gymnastics on the Anxiety Level of Pregnant Women in the Third Trimester of Primigravida***

According to Table 4, the statistical test findings indicated that all participants had anxiety before the intervention, with 16 participants being affected. Following the administration of partial intervention, 7 respondents (43.8%) reported no anxiety, 7 respondents (43.8%) reported mild anxiety, and 2 respondents (12.5%) reported moderate anxiety. The statistical studies indicate that a significant number of housewives experience anxiety in comparison to working pregnant women. This can be attributed to many factors related to the income received by moms.

The study examined the statistical test anxiety level of primigravida pregnant women in the third trimester using the Wilcoxon Matched-Pairs Test. After receiving a yoga exercise intervention at PMB Eny Islamiati Bululawang, Malang Regency, the analysis revealed a p-value of  $0.000 < 0.05$ . This indicates that

there are significant differences in the respondents' conditions before and after the intervention. The null hypothesis ( $H_0$ ) is rejected and the alternative hypothesis ( $H_1$ ) is accepted, indicating that there is a significant influence of providing yoga activities on the anxiety level of primigravida third trimester pregnant women at PMB Eny Islamiati Bululawang Malang Regency.

Nadya and Dwi (2023) conducted research related to "the effect of prenatal gentle yoga on anxiety levels in third trimester pregnant women: a scoping review." The aim of this research was to determine prenatal gentle yoga on anxiety levels in third trimester pregnant women. In this study, it was found that prenatal gentle yoga has the effect of preventing, reducing, and even eliminating anxiety in pregnant women.<sup>(14)</sup>

Based on research conducted by Ita. et al (2023) conducted research related to "the influence of prenatal gentle yoga on the level of anxiety in third trimester pregnant women in facing childbirth in PMB, Wringin sub-district." The results of the study showed that there was a significant effect in the intervention group after prenatal gentle yoga was carried out with a sign value of 0.000.<sup>(15)</sup>

From another study by Flora and Resi (2023) regarding "the effectiveness of prenatal yoga on the anxiety level of pregnant women in the third trimester in facing childbirth at the Dahlia Posyandu." The results of the research show that prenatal yoga is effective on the anxiety level of pregnant women at the Dahlia Posyandu.<sup>(16)</sup>

Pregnant women's anxiety refers to their response to changes in themselves and their surroundings that elicit feelings of unhappiness or discomfort due to perceived threats or frustrations that jeopardize the individual's or their social group's sense of security, equilibrium, or well-being. Untreated anxiety and concern in pregnant women can significantly affect the physical and psychological well-being of both the mother and the fetus. Pregnant women will experience heightened levels of anxiety. As the delivery schedule approaches, particularly during the third trimester, moms start contemplating the labor process and the well-being of the unborn kid. Mothers who experience stress and worry throughout the third trimester of pregnancy will have higher levels of stress hormones, which can lead to impaired blood flow in the

uterus and weaker uterine muscle contractions. This incident resulted in a prolonged labor process.

This is because research has demonstrated that engaging in physical activity can effectively decrease and remove feelings of anxiety related to pregnancy.<sup>(5)</sup> One effective method of reducing anxiety is engaging in yoga exercises, which enhance both flexibility and muscle strength. Additionally, practicing yoga can teach pregnant women to be attuned to their bodies, leading to decreased stress levels and a calmer state of mind. Yoga has the potential to enhance physical fitness, enhance overall well-being, optimize autonomic nervous system functioning, offer relief, alleviate labor pain, and expedite the duration of labor.<sup>(5)</sup>

Previous research has demonstrated that yoga workouts can effectively lessen and remove pregnant anxiety. The study's findings indicated that practicing yoga during the prenatal period had a significant impact on reducing anxiety episodes in pregnant women. The findings of the investigation<sup>3</sup> Through a literature analysis involving 139 participants, it was discovered that the majority of respondents experienced a significant impact on their anxiety levels both before and after engaging in yoga exercises. The data collected from five papers indicates that the p-value for the level of anxiety before and after yoga exercise is 0.000, which is less than the significance level of 0.05. Therefore, it can be stated that yoga practice has a significant impact on reducing anxiety levels among respondents.

## 5. CONCLUSION

The researchers found significant variations in anxiety levels among Primigravida III Trimester pregnant women before and after participating in yoga exercises at PMB Eny Islamiati Bululawang, Malang Regency. If it is classified as still experiencing a moderate level of anxiety, the numerical data indicates a decrease. Pregnant women can engage in this activity to enhance blood circulation and induce relaxation, so alleviating anxiety. According to the study's findings. The proposal is for future researchers to carry out studies over an extended duration to optimize the efficacy of yoga.

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This research received no fund.

## Conflict of Interest

The authors declare no conflict of interest.

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