

The Relationship Between Knowledge and Pregnant Women's Interest in Prenatal Yoga

Vita Pratiwi¹⁾ Leza Fidiah²⁾ Rona Riasma³⁾

Email : pratiwi.vita97@gmail.com

ABSTRACT

Background: In Indonesia, according to the Indonesian Ministry of Health in Suhada 2019, there are around 28.7% of pregnant women who experience anxiety in the third trimester. Prenatal yoga is very effective in reducing anxiety in pregnant women. Interview with 10 pregnant women, out of 10 pregnant women only 1 person (10%) had done yoga exercises. This study aims to analyze the relationship between knowledge and the interest of pregnant women in doing prenatal yoga at TPMB.N Bojongsari Depok in 2023.

Methods: This study with a cross-sectional design. The population in this study were all pregnant women in the second and third trimesters at TPMB N. Bojongsari Depok, with a total of 30 people. The sample was total sampling. Analysis test using chi square.

Results: 16 respondents (53.3%) have good knowledge and have high interest are 15 respondents (50%). And 14 respondents (46.7%) have less knowledge about prenatal yoga with low interest in doing prenatal yoga 8 respondents (26.7%). Chi square test shows p value 0.004 with OR = 12.

Conclusion: There is a relationship between knowledge and pregnant women's interest in prenatal yoga.

Keyword : Knowledge, Interest, Pregnant, Prenatal yoga

^{1,2,3} *Department of Midwifery, STIKES Pelita Ilmu Depok*

Jl. Raya Bojongsari No.34, Bojongsari Lama, Kec. Bojongsari, Kota Depok, Jawa Barat, Indonesia

Received: June 22nd 2025; Revised: September 29th ; Accepted: September 30th 2025

Background. In accordance with Health Law No. 36 of 2009, the primary goal of health development is to increase public awareness and capacity for healthy living, thereby ensuring the attainment of optimal public health. One of these goals is related to Public Health of mothers and children (Kemenkes RI, 2020b). Pregnancy is a natural and physiological process from ovulation to the release of the baby and placenta. If pregnancy is planned, it will give a sense of happiness and hope, but on the other hand, the ability to adapt to changes that occur during pregnancy, both physiological and psychological changes, is also needed (Pratigny, 2019).

According to WHO in 2020, around 20% experienced anxiety, this condition is higher in developing countries, reaching 15.6% during pregnancy and 19.8% after giving birth (WHO 2020). According to Kemenkes RI in 2019, in Indonesia there were around 28.7% of pregnant women who experienced anxiety in

the third trimester (Kemenkes RI, 2020a). Anxiety in pregnant women can be overcome with one of the complementary therapies, namely prenatal yoga. Yoga comes from the Greek Sanskrit 'Yuj' which means to unite humans with the creator. Carried out by harmonizing physical, mental, and spiritual exercises (Aprillia, 2012).

Prenatal yoga or yoga during pregnancy is a modification of hatha yoga that is adjusted to the condition of pregnant women. The purpose of prenatal yoga is to prepare pregnant women physically, mentally, and spiritually to face the labor process. Prenatal yoga can reduce the stress, fear, and anxiety experienced by mothers during childbirth. However, many pregnant women are unaware of the benefits of prenatal yoga. Prenatal yoga can be included in antenatal classes because it can support pregnancy, childbirth, and childcare (Pratigny, 2019).

Almost all midwifery services have held prenatal classes, but the health education provided only covers pregnancy exercises and not many people know about prenatal yoga (Tita 2024). Study by P. L. Sari, (2018), the relationship between knowledge and interest of pregnant women in the application of yoga gymnastics can be concluded that the knowledge of pregnant women about yoga gymnastics was obtained by 21 respondents with sufficient knowledge (52.5%), while the interest of pregnant women in the application of yoga gymnastics was obtained by 22 respondents with moderate interest (55.0%). In conclusion, there is a relationship between knowledge and interest of pregnant women in the application of yoga gymnastics at the Grogol Jombang Village Health Post in 2018.

Study by Noriani, N. K., Nurtini, N. M., & Dewi (2017) at Puskesmas II Denpasar Selatan showed that pregnant women's interest in prenatal yoga was the highest, namely 32 people (72%). Situmorang et al., (2021) showed that out of 30 respondents, most of the pregnant women respondents had good knowledge and moderate interest in implementing prenatal yoga gymnastics, 9 respondents (30%). The conclusion is that there is a significant relationship between knowledge and the interest of pregnant women in implementing prenatal yoga gymnastics. Where the P-value is 0.001. Prenatal yoga is very effective in reducing anxiety in pregnant women. Pregnant women who do prenatal yoga twice a week experience a decrease in anxiety with an average score of 22.15% using the HARS (Hamilton anxiety rating scale) instrument (Trina Arlym, L., & Pangarsi, 2021).

Short interviews with 10 pregnant women, only 1 person (10%) had done yoga and 90% had never done yoga during pregnancy due to lack of knowledge and not understanding the goals, benefits, procedures and requirements that must be considered in doing prenatal yoga. So that it affects the interest and awareness of pregnant women about the importance of doing prenatal yoga. According Nurbaiti & Nurita (2020) and A. Y. Sari et al., (2024) that the

higher the level of knowledge of a person, the better the interest of a person in doing prenatal yoga. This study interested in conducting research on the Relationship between Knowledge and Interest of Pregnant Women in Doing Prenatal Yoga at Tempat Praktek Mandiri Bidan N. (TPMB N.) Bojongsari Depok.

Methods. This study is quantitative study with a cross-sectional design. The population were pregnant women in the second and third trimesters who participated in yoga for pregnant women at TPMB N. Bojongsari Depok, totaling 30 people. The sample of this study used total sampling (October 2024). The research data were obtained by questionnaire. This interest questionnaire instrument has been tested for validity (Pearson correlation) with results > 0.444 and reliability (Cronbach's alpha) with results of 0.829.

Univariate analysis determine the frequency distribution of respondents such as age, education, information sources, knowledge and interests. Bivariate analysis with Chi-Square. This study was conducted in accordance with Ethical Assessment No. 0212/PI/KEPK/2024.

Result and Discussion. Frequency distribution of age, education, information sources, knowledge and interests of respondents:

Table 1. Frequency Distribution of variable

Variables	Frequency	Percentage (%)
Age		
17 – 25 years	1	3,3
26 – 35 years	22	73,3
36 – 45 years	7	23,3
Education		
Elementary school	7	23,3
Middle school	6	20
High School	13	43,3
University	4	13,3
Resources		
Non Health	21	70
Workers Health	9	30
Workers		
Knowledge		
Not enough	7	23,3
Good	23	76,7
Interest		
Low	9	30
High	21	70

The majority of respondents, 22 respondents (73.3%) were 26-35 years old, while a small portion, 1 respondent (3.3%) was 17-25 years old. Based on education, the majority of respondents, 13 respondents (43.3%) had a high school education, while a small portion, 4 respondents (13.3%) had a university education.

Based on information sources, the majority of respondents, 21 respondents (70%) learned about prenatal yoga from health workers. While a small number, 9 respondents (30%) learned about prenatal yoga from non-health workers.

Based on table 1, the majority, 23 respondents (76.7%), had good knowledge, while a small number, 7 respondents (23.3%), had poor knowledge. Based on interest, most of them, 21 respondents (70%) have moderate interest in implementing yoga gymnastics. While a small number of 9 respondents (30%) have high interest.

Table 2. Relationship between knowledge and the interest of pregnant women

Knowledge	Interest				Total		P value (OR)
	High		Low		N	%	
	N	%	N	%			
Good	15	50	1	3,3	16	53,3	0,004
Not enough	6	20	8	26,7	14	46,7	OR=
Total	21	70	9	30	30	100	12

Based on table 2, most respondents with good knowledge will have a high interest in prenatal yoga (50%), while respondents with not enough knowledge will have a low interest in prenatal yoga (26.7%).

The Chi Square test, it showed that value $p = 0.004 < (0.005)$ that there was a relationship between knowledge and the interest of pregnant women in doing prenatal yoga at TPMB N. Bojongsari Depok. And the odds ratio (OR) 12 means that people who have better knowledge are 12 times more likely to show interest, compared to people who have less knowledge (enough knowledge).

The results of the same study conducted by Aris Noviani & Siskana Dewi Rosita, (2021) showed that pregnant women's knowledge shows the knowledge of pregnant women

about yoga gymnastics, 20 respondents were found to have sufficient knowledge (66.7%), while the interest of pregnant women in implementing yoga gymnastics was found to have 19 respondents with moderate interest (63.3%). Statistical tests show a relationship between knowledge and the interest of pregnant women in TM II and III towards prenatal gentle yoga in Madegondo Village, Grogol District, Sukoharjo Regency (p value = 0.000) (Aris Noviani and Siskana Dewi Rosita 2021). According to Notoatmodjo (2018) knowledge is a very important domain for the formation of a person's actions. Before someone adopts a behavior (behaves new), he must first know what the meaning or benefits of the behavior are for himself or his family. According to Pratigny, (2019) and Renvilia A, (2019) pregnant women do yoga because there is a suitable reaction to certain stimuli, namely knowledge about pregnancy exercises. Pregnant women who have quite high knowledge about prenatal yoga believe that prenatal yoga is a good start to prepare for a smooth delivery process, so they tend to do prenatal yoga. This can be caused by pregnant women not understanding prenatal yoga well, the goals and benefits of prenatal yoga which have a positive impact on pregnancy and the delivery process.

Knowledge is the basis for action and the main factor in attracting someone's interest. Understanding a subject is needed to attract someone's interest in the subject, thus knowledge and interest are interrelated. Respondents who already know enough are highly recommended to learn more about gentle prenatal yoga. A person's level of interest will increase along with increasing knowledge. The findings P. L. Sari (2018) conducted in South Denpasar support this study, because the majority of pregnant women have good knowledge and moderate interest in prenatal yoga.

There is a relationship between knowledge and the interest of pregnant women in doing prenatal yoga, because pregnant women who have good knowledge will know

the benefits of prenatal yoga, this condition can increase the interest of pregnant women in doing prenatal yoga.

Conclusion and Suggestions. There is a relationship between knowledge and the interest of pregnant women in doing prenatal yoga. In increasing the interest of pregnant women in doing prenatal yoga, good knowledge about prenatal yoga is needed.

The health workers can provide education to increase knowledge of pregnant women about prenatal yoga so that mothers' interest will increase, and also provide facilities and infrastructure for prenatal yoga exercises for pregnant women and can help with further planning.

Acknowledgements I would like to express my deepest gratitude to the research team for conducting the research, to TPMB N. Depok who is willing to be a research site and to STIKES Pelita Ilmu who always provides support.

References

- Aprillia, M. T. & Y. (2012). *Modul Pelatihan Prenatal Gentle Yoga*.
- Aris Noviani, & Siskana Dewi Rosita. (2021). Hubungan Pengetahuan Dengan Minat Ibu Hamil Tm II Dan III Terhadap Prenatal Gentle Yoga. *Jurnal Ilmu Kebidanan Dan Kesehatan (Journal of Midwifery Science and Health)*, 12(2), 01–07. <https://doi.org/10.52299/jks.v12i2.83>
- Kemenkes RI. (2020a). Profil Kesehatan Indonesia Tahun 2019. In *Kementrian Kesehatan Republik Indonesia*. https://doi.org/10.5005/jp/books/11257_5
- Kemenkes RI. (2020b). *Profil Kesehatan Jateng 2020*. 1(1), 33–44.
- Noriani, N. K., Nurtini, N. M., & Dewi, K. P. (2017). Tingkat Pengetahuan Dan Minat Ibu Hamil Tentang Prenatal Yoga di Puskemas II Denpasar Selatan. *Jurnal Kesehatan Terpadu*, 1(2).
- Notoatmodjo, S. (2018). *Ilmu perilaku kesehatan*. Rineka Cipta.
- Nurbaiti, N., & Nurita, S. R. (2020). Hubungan Tingkat Pengetahuan Prenatal Yoga dengan Minat Ibu Hamil dalam Mengikuti Kelas Prenatal Yoga di Puskesmas Putri Ayu Kota Jambi. *Jurnal Akademika Baiturrahim Jambi*, 9(1), 49. <https://doi.org/10.36565/jab.v9i1.179>
- Pratignyo, T. (2019). *Yoga Ibu Hamil*. PT. Bumi Aksara.
- Renvilia A. (2019). *Senam Hamil Praktis*. Media Pressindo.
- Sari, A. Y., Retnaningsih, R., & Indriati, I. (2024). Hubungan Pengetahuan Dengan Minat Ibu Hamil Tentang Prenatal Yoga di Polindes Lengkong Wilayah Puskesmas Gayaman. *Jurnal Kesehatan*, 13(1), 93–99. <https://doi.org/10.37048/kesehatan.v13i1.383>
- Sari, P. L. (2018). *Hubungan Pengetahuan dengan Minat Ibu Hamil dalam Penerapan Senam Yoga di Ponkesdes Grogol Kecamatan Diwek Kabupaten Jombang*. STIKES Insan Cendekia Medika Jombang.
- Situmorang, R. B., Hilinti, Y., Jumita, J., & Hutabarat, V. (2021). Hubungan Pengetahuan Dengan Minat Ibu Hamil Dalam Penerapan Senam Prenatal Yoga di BPM J. Kota Bengkulu. *Journal Of Midwifery*, 9(1), 44–52. <https://doi.org/10.37676/jm.v9i1.1347>
- Tita, Tita Oktya. 2024. "Faktor-Faktor Yang Berhubungan Dengan Minat Ibu Hamil Dalam Penerapan Senam Yoga Di Pmb Bidan E Tahun 2022." *Jurnal Ilmiah Bidan* 7(1).
- Trina Arlym, L., & Pangarsi, S. (2021). Pengaruh Prenatal Yoga terhadap Kecemasan Menghadapi Persalinan pada Ibu Hamil Trimester II dan III di Klinik Bidan Jeanne Depok. *Jurnal Ilmiah Kesehatan & Kebidanan*, X(1).
- WHO. 2020. "Perinatal Mental Health." World Health Organization. <https://www.who.int/teams/mental-health-and-substance-use/promotion-prevention/maternal-mental-health>.