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**The Effect Of Prenatal Gentle Yoga On Anxiety In 3rd Trimester Pregnant Women**

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**ABSTRACT**

One form of comfort for pregnant women in the third trimester is anxiety. According to [1] around 10% of pregnant women experience mental disorders, especially depression. In developing countries, this figure is even higher, namely 15.6% during pregnancy. According to [2] the incidence of anxiety in Indonesia is 107 million pregnant women (28.7%) out of 373 million pregnant women who experience anxiety about childbirth. Pregnant women's anxiety increases in the third trimester because mothers begin to imagine the stressful birth process and the pain they will experience and even death during childbirth [3]. If anxiety is not overcome, it will affect the birth process, fetal growth and development, and can cause premature births, LBW babies, mental and motor disorders in children [4]. The aim of this research is to determine the effect of prenatal gentle yoga on anxiety in third trimester pregnant women. This research method is Quasy Experimental with a design, namely Pre and Post Test One Group Design. The total population is all pregnant women in the third trimester and sampling using purposive sampling technique obtained 35 pregnant women in the third trimester. The results of this study were changes in anxiety levels after being given prenatal gentle yoga intervention. Using the Wilcoxon statistical test, the p-value = 0.000 was obtained because it was <0.05, so H<sub>0</sub> was rejected and H<sub>a</sub> was accepted. The conclusion is that there is an influence of prenatal gentle yoga on the anxiety level of pregnant women in the third trimester

Keywords: Prenatal; Gentle; Yoga; Anxiety; 3<sup>rd</sup> Trimester

**Introduction**

During pregnancy, changes will definitely occur in the mother, both physically and psychologically [5] These changes generally cause discomfort and anxiety for most pregnant women. Discomfort during pregnancy is a feeling that is lacking or unpleasant for the physical or mental condition of pregnant women [6]. One form of comfort in pregnant women is anxiety. Anxiety is an emotional disorder characterized by deep and ongoing feelings of fear or worry. According to [1] around 10% of pregnant women experience mental disorders, especially depression. In developing countries, this figure is even higher, namely 15.6% during pregnancy. According to [2] The incidence of anxiety in Indonesia is 107 million pregnant women

(28.7%) out of 373 million pregnant women who experience anxiety about giving birth. Pregnant women's anxiety increases in the third trimester because mothers begin to imagine the stressful labor process and the pain they will experience and even death during childbirth. [3]. If anxiety is not overcome, it will affect the birth process, fetal growth and development, can cause premature babies, LBW, mental and motor disorders in children. [4]. One of the efforts made by the Indonesian government is by increasing community empowerment through classes for pregnant women [7] However, according to [8] there are still many who do not take classes for pregnant women, namely around 70.8%. Therefore, anxiety in pregnant women is still not handled properly. One of the complementary

therapies to overcome anxiety in pregnant women is prenatal gentle yoga. According to research [5] prenatal gentle yoga is a special yoga program for pregnancy with techniques and intensity that have been adapted to the physical and psychological needs of pregnant women and the fetus they are carrying. This program emphasizes yoga posture techniques, breathing exercises, relaxation, visualization and meditation techniques which are useful as self-help media which will provide comfort during pregnancy, tranquility, as well as strengthen oneself during pregnancy and according to this research there is an influence of prenatal gentle yoga on anxiety in pregnant women. However, this research was only carried out twice in 1 week so there were still respondents

who experienced severe levels of anxiety. Therefore, researchers are interested in conducting research "The Effect of Prenatal Gentle Yoga on Anxiety in Pregnant Women in the Third Trimester".

### Methods

Metode penelitian ini adalah Quasy Eksperimental dengan rancangan yaitu Pre and Post Test One Group Design. Jumlah Populasi yaitu seluruh ibu hamil trimester III dan pengambilan sampel dengan Teknik Purposive sampling didapatkan 35 ibu hamil trimester III. number of ethical clearance [365/EA/F.XXIII.38/2025].

## Results and Discussion

### A. Results:

Tabel 1 Distribution of respondent characteristics

Variables	Category	Frequency (n)	Persentase %
Age	< 20	2	5,7
	20-35	27	77.1
	>35	6	17.1
Education	secondary	10	28.6
	High	25	71.4
Work	Doesn't work	6	17.1
	Work	29	82.9
Parity	Primigravida	14	40.0
	Multigravida	21	60.0

Table 1 above shows that all respondents were in the age range 20-35 years, namely 35 people (100%), most of the respondents were highly educated, namely 25 people (71.4%), most of the

respondents were working, namely 29 people (82.9%) and it can be seen that the majority of respondents were multigravida, namely 21 people (60%)

Tabel 2. Pretest-Posttest Prenatal Gentle Yoga

Variables	Category	Frequency (n)	Persentase %
Pretest	No anxiety	0	0
	Mild anxiety	10	28.6
	Moderate anxiety	18	51.4
	Severe anxiety	7	20.0
Posttest	No anxiety	28	80.0
	Mild anxiety	7	20.0
	Moderate anxiety	0	0.0
	Severe anxiety	0	0.0

Table 2 above shows that the most pretest anxiety experienced by respondents was moderate anxiety with 18 people (51.4%) followed by mild anxiety with 10 people (28.6%) then severe anxiety with 7 people (20.0%) and posttest anxiety there were 28 people (80.0%) who did not experience anxiety and 7 people (20.0%)

experienced mild anxiety. Comparison of data from the identification results of the pre-test and post-test experienced changes, there was a decrease in the number of respondents who experienced severe anxiety, moderate and mild anxiety to only mild anxiety and not anxiety.

Variables	Pvalue	Conclusion
Pretest	0.058	Not normally distributed
Posttest	0.002	Not normally distributed

Tabel 3. Data Normality Test Results

Table 3 shows that the data normality test used was the Shapiro-Wilk test because the number of respondents in this study was <50 people. After carrying out a normality test, it was found that the data was not normally distributed, proven by the

Shapiro-Wilk normality test with a pre-test p-value of 0.058 and a post-test of 0.002 or <0.05, so to prove the hypothesis a non-parametric test was used with the Wilcoxon test.

Tabel 4. Wilcoxon Test Results

Prenatal Gentle Yoga	Pretest-Posttest
Z	-5.162b
Asymp Sig. (2-tailed)	0.000

Table 4 shows the results of changes in anxiety levels after being given the prenatal gentle yoga intervention. Using the Wilcoxon statistical test, the p-value = 0.000 is obtained because it is

## B. Discussion

1. Level of anxiety before being given gentle yoga prenatal intervention to pregnant women in the third trimester

The results of research on 35 respondents before prenatal gentle yoga showed anxiety level scores using the Perinatal Anxiety Scale (PASS) questionnaire with the most anxiety category experienced by respondents, namely moderate anxiety with 18 people (51.4%) followed by mild anxiety with 10 people (28.6%) and then severe anxiety with 7 people (20.0%). From these results, pregnant women experience concerns about thoughts about pregnancy, facing childbirth and the condition of the fetus. The results of this study are in line with research [9] Before pregnant women took part in gentle prenatal yoga, their anxiety level reached an average of 18.75. The results of this study are also in line with research [5] that there were 25 respondents with anxiety in pregnant women before doing prenatal gentle yoga, of the 25 respondents, mothers said that mild did not bother 8 (32%) respondents, moderate was very unpleasant sometimes 12 (48%) respondents, while severe really bothered 5 (20%) respondents. This is also in line with research [10] that the anxiety level of pregnant women in the third trimester before doing prenatal gentle yoga on average

<0.05, so H0 is rejected and Ha is accepted, so it can be concluded that there is an influence of prenatal gentle yoga on the anxiety level of pregnant women in the third trimester.

experienced mild to moderate anxiety. Factors that are likely to influence the anxiety level of pregnant women are the mother's gestational age, which on average is more than 30 weeks and is all included in the third trimester. This is also in line with research [11] that 19 respondents (50%) of third trimester primigravida pregnant women at Ayu Lestari Moms And Baby Care experienced mild anxiety in facing labor before doing prenatal gentle yoga. This is also in line with research [12] that the majority of respondents before being given treatment experienced moderate anxiety, namely 40%. Anxiety can arise from the mother's feelings of worry, fear, depression, disappointment, anger, anxiety and confusion. Because of these feelings during labor, the mother may feel pain or discomfort. In addition, this sensation can hinder labor if it continues until labor is complete. This is also in line with research [13] that the level of anxiety is a reaction to danger from pain or external factors that are difficult to overcome and help warn of danger, the elements that influence their anxiety are very complex, including age, environment and situation. Pregnant women experience various levels of anxiety, including worry about whether the birth will go smoothly and anxiety about the estimated due date. Daily activities such as feeling tense during pregnancy, being more sensitive and irritable, and having

difficulty sleeping are all affected by this level of anxiety. This is also in line with research [14] that before doing prenatal yoga, 72% of pregnant women experienced anxiety.

2. Level of anxiety after being given gentle yoga prenatal intervention to pregnant women in the third trimester

The results of research on 35 respondents after prenatal gentle yoga showed anxiety level scores using the Perinatal Anxiety Scale (PASS) questionnaire with 28 people (80.0%) not experiencing anxiety and 7 people (20.0%) experiencing mild anxiety. From these results, pregnant women who take part in prenatal gentle yoga are able to overcome anxiety about themselves and their babies so that the level of anxiety in pregnant women decreases. The results of this study are in line with research [9] that gentle prenatal yoga had a positive impact on the anxiety level of pregnant women in the third trimester, the average anxiety level decreased to 11.75. This is also in line with research [5] After doing prenatal gentle yoga, respondents with anxiety decreased to mild, not bothering 18 (72%) respondents, moderate, very unpleasant sometimes for 6 (24%) respondents, while severe, very disturbing for 1 (4%) respondent. This is also in line with research [10] that the anxiety level of pregnant women in the third trimester after experiencing prenatal gentle yoga decreased, the average level of anxiety after participating in prenatal gentle yoga several times. This is also in line with research [11] that 7 pregnant women who have participated in prenatal gentle yoga more or equal to 4 sessions did not experience anxiety, 9 people experienced mild anxiety, 3 people experienced moderate anxiety, and no pregnant women experienced severe anxiety. This is also in line with research [12] that there is an influence of Prenatal Gentle Yoga Savasana Technique on the Anxiety of Pregnant Women in the Third Trimester. The results of this study are in line with research [15] that there is the effectiveness of Prenatal Gentle Yoga in reducing the anxiety level of pregnant women in the third trimester. The results of this study are in line with research [13] that prenatal yoga given twice was proven to be able to reduce maternal anxiety on average. This is also in line

with research [14] that prenatal yoga significantly reduces anxiety in third trimester pregnant women.

3. The effect of prenatal gentle yoga on the anxiety level of pregnant women in the third trimester

The results of research on 35 respondents showed the influence of prenatal gentle yoga on the level of anxiety in pregnant women in the third trimester. The researchers were of the opinion that when pregnant women participated in prenatal gentle yoga twice, it was able to suppress pregnant women's feelings of worry about themselves and their babies and made pregnant women relax physically and spiritually, anxious when facing childbirth, anxious about health conditions and anxious about the condition of the fetus. The results of this study are in line with [9] that the reduction in anxiety in third period pregnant women before and after light prenatal yoga may be influenced by its ability to control anxiety. It is focused on the condition of pregnant women and achieving physical relaxation through regular prenatal yoga practice. In prenatal yoga, pregnant women are given counseling on how to relax using methods such as positive thinking, good breathing, and physical exercise. [5] prenatal gentle yoga berpengaruh terhadap reducing anxiety in pregnant women because Prenatal Gentle Yoga is a special yoga program for pregnancy with techniques and intensity that have been adapted to the physical and psychological needs of pregnant women and the fetus they are carrying. This program emphasizes yoga posture techniques, breathing exercises, relaxation, visualization and meditation techniques which are useful as self-help media that will provide comfort during pregnancy, tranquility, as well as strengthen oneself during pregnancy. In other words, this program will help prepare prospective mothers physically, mentally and spiritually to face the birth period. This is also in line with research [10] that prenatal gentle yoga can help pregnant women overcome complaints during the trimester of pregnancy, because expectant mothers become more introspective and start to think and worry a lot about the process of labor, birth and their baby. This is also in line with research [11] that

shows the relationship between prenatal gentle yoga and the level of anxiety of third trimester primigravid pregnant women in facing childbirth. It can be seen that attending prenatal gentle yoga classes can help pregnant women in their efforts to balance care with the principles of women center care or the care provided is centered on the mother. This is also in line with research [12] that mothers who have no preparation for giving birth will be more anxious and show fear in a silent behavior to the point of crying, showing that during the third trimester of pregnancy, anxiety can disrupt the sleep quality of pregnant women, especially pregnant women in the third trimester who are starting to enter a phase of poor sleep quality, as a result of this anxiety can cause many disorders during pregnancy, therefore prenatal gentle yoga is an alternative to minimize discomfort when pregnancy enters the third trimester. The results of this study are in line with research [13] that prenatal yoga is a form of body, mind and soul exercise that helps pregnant women stretch their joints and calm their minds, especially in the third trimester. This is also in line with research [14] Prenatal yoga is a very effective intervention in reducing anxiety in pregnant women, especially in preparing them for childbirth. Apart from its significant benefits in reducing anxiety, prenatal yoga can also play an important role in increasing the mental and emotional readiness of pregnant women, which in turn can help them through the birthing process better. Prenatal yoga should be recommended as part of pregnancy care, especially for pregnant women who experience high anxiety.

### Conclusion

Based on the results of research on The effect of prenatal gentle yoga on anxiety in third trimester pregnant women. So it was concluded that there was an effect of Prenatal Gentle Yoga on anxiety in third trimester pregnant women by analyzing test results Wilcoxon, namely a significance Pvalue of 0.000 obtained at ( $p < 0.05$ ). It is hoped that prenatal gentle yoga will be used by third trimester pregnant women to overcome anxiety

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