

# **EFEKTIVITAS LATIHAN YOGA PRENATAL DALAM MENURUNKAN KECEMASAN IBU PRIMIGRAVIDA TRIMESTER III.**

Lestari Fauziah P

Magister Psikologi Profesi, Fakultas Psikologi Universitas Padjadjaran

## **ABSTRAK**

Penelitian ini bertujuan untuk mengetahui efektivitas Latihan Yoga Prenatal dalam menurunkan kecemasan ibu primigravida trimester III. Kehamilan primigravida merupakan suatu kondisi krisis bagi seorang wanita yang sering menimbulkan rasa cemas karena belum adanya pengalaman dan keluhan fisik yang baru pertama kali dirasakan. Spielberger mengatakan bahwa relaksasi akan membantu menurunkan kecemasan pada orang yang melakukannya. Latihan Yoga Prenatal merupakan salah satu metode yang menekankan pada teknik relaksasi dan pernafasan dikatakan dapat menurunkan kecemasan termasuk pada wanita hamil.

Rancangan penelitian ini adalah quasi-eksperimental, dengan melibatkan tiga partisipan penelitian yang diperoleh dengan teknik *purposive sampling*. Data diperoleh dengan menggunakan dua kuesioner yang diadaptasi dari *Pregnancy Related Anxiety Questionnaire – Revised (PRAQ-R2)* dan *Anxiety Scale for Pregnancy (ASP)*, wawancara, dan observasi. Latihan Yoga Prenatal diberikan sebanyak empat sesi. Pengukuran dilakukan sebanyak enam kali, yaitu tiga kali sebelum latihan pertama dan tiga kali setelah latihan, serta dilakukan evaluasi secara kualitatif setiap kali selesai sesi latihan. Data analisis dilakukan dengan menggunakan teknik uji hipotesis, *content analysis*, serta analisis deskriptif.

Hasil penelitian menunjukkan bahwa secara kuantitatif Latihan Yoga Prenatal tidak efektif menurunkan kecemasan pada ibu primigravida trimester III. Secara kualitatif Latihan Yoga Prenatal membantu menurunkan kecemasan terkait proses persalinan, mengurangi keluhan fisik, serta menambah keyakinan akan kemampuan diri untuk menghadapi persalinan. Faktor-faktor yang mempengaruhi keberhasilan Latihan Yoga Prenatal secara individual antara lain adanya faktor kecemasan dasar, rasa tertarik serta kesungguhan mengikuti latihan di kelas, serta suasana latihan yang memberikan dukungan kepada peserta latihan.

Kata Kunci : Kecemasan, primigravida trimester III, latihan yoga prenatal, *Pregnancy Related Anxiety Questionnaire*, *Anxiety Scale for Pregnancy*.

**THE EFFECTIVENESS OF PRENATAL YOGA EXERCISE TO  
ALLEVIATE THE ANXIETY IN THE THIRD TRIMESTER  
PRIMIGRAVIDA**

*Lestari Fauziah P*

Magister Psikologi Profesi, Fakultas Psikologi, Universitas Padjadjaran

**ABSTRACT**

*This study aims to determine the effectiveness of Prenatal Yoga Exercise to alleviate the anxiety in the third trimester primigravida. Primigravida pregnancy is a crisis situation that frequently generates anxiety for a woman because of the lack of experience and physical uncomfortableness, which are encountered for the first time. Spielberg said the relaxation will help reduce anxiety in people who did it. Prenatal Yoga Exercise is one method that emphasizes relaxation and breathing techniques that could alleviate anxiety, including a pregnant woman.*

*The study design is quasi-experimental, involved three study participants who were obtained by purposive sampling. Data obtained by using two questionnaires adapted from the Pregnancy Related Anxiety Questionnaire - Revised (PRAQ-R2) and Anxiety Scale for Pregnancy (ASP), interviews, and observations. Prenatal Yoga Exercise are given as many as four sessions. Measurements were performed six times, three times before the first practice and three times after exercise, as well as the overall qualitative evaluation after each training session. Data analysis was performed using hypothesis test techniques, content analysis and descriptive analysis.*

*The results showed that quantitatively Prenatal Yoga Exercise not effective to alleviate anxiety in a third trimester primigravida. Qualitatively, Prenatal Yoga Exercise helps reduce anxiety related to labor, reduce physical uncomfortableness, and increase self-efficacy for childbirth. Factors that influence the success of Prenatal Yoga Exercise are participants' trait-anxiety, a sense of interest and sincerity exercise in the classroom, and also the exercise atmosphere which provide support to trainees.*

*Keywords : anxiety, the third trimester, prenatal yoga exercise, Pregnancy Related Anxiety Questionnaire, Anxiety Scale for Pregnancy.*