

**PROGRAM STUDI SARJANA KEBIDANAN FAKULTAS KEBIDANAN
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**Efektivitas Yoga Prenatal Terhadap Tingkat Kecemasan Ibu Hamil
Trimester III di Praktik Mandiri Bidan (PMB) Susnita Kota Pekanbaru.**

Xxi + 95 Halaman + 4 Tabel + 5 Gambar + 10 Lampiran

ABSTRAK

Kecemasan merupakan salah satu masalah psikologis yang sering dialami ibu hamil terutama pada trimester III menjelang persalinan. Kecemasan dapat disebabkan oleh kekhawatiran terhadap proses persalinan, kondisi ibu dan janin, serta perubahan fisik dan psikologis selama kehamilan. Salah satu upaya nonfarmakologis yang dapat dilakukan untuk membantu menurunkan tingkat kecemasan pada ibu hamil adalah prenatal yoga. Prenatal yoga merupakan latihan yang menggabungkan gerakan tubuh, teknik pernapasan, relaksasi dan meditasi yang dapat membantu memberikan rasa nyaman serta mempersiapkan ibu secara fisik dan psikologis dalam menghadapi persalinan. Tujuan penelitian untuk mengetahui efektivitas yoga prenatal dalam menurunkan tingkat kecemasan ibu hamil trimester III di Praktik Mandiri Bidan (PMB) Susnita Kota Pekanbaru. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Sampel dalam penelitian ini berjumlah 25 ibu hamil trimester III. Pengumpulan data menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS), sedangkan analisis bivariat menggunakan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan bahwa nilai rata-rata tingkat kecemasan sebelum diberikan prenatal yoga (*pretest*) sebesar 30,0 dan setelah diberikan prenatal yoga (*posttest*) menurun menjadi 16,0. Hasil uji *Wilcoxon Signed Rank Test* diperoleh *p value* $<0,001$ ($p<0,05$) menunjukkan ada pengaruh efektivitas yoga prenatal dalam menurunkan Tingkat kecemasan ibu hamil trimester di Praktik Mandiri Bidan (PMB) Susnita. Dengan demikian, terdapat perbedaan yang bermakna antara tingkat kecemasan sebelum dan sesudah diberikan prenatal yoga, sehingga dapat disimpulkan bahwa prenatal yoga efektif dalam menurunkan tingkat kecemasan ibu hamil trimester III di Praktik Mandiri Bidan (PMB) Susnita Kota Pekanbaru.

Kata Kunci : Prenatal Yoga, Ibu Hamil Trimester III, Kecemasan, HARS
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**UNDERGRADUATE MIDWIFERY STUDY PROGRAM FACULTY OF
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**EFFECTIVENESS OF PRENATAL YOGA IN REDUCING ANXIETY
LEVELS AMONG THIRD-TRIMESTER PREGNANT WOMEN AT
INDEPENDENT MIDWIFERY PRACTICE (PMB) SUSNITA, PEKANBARU
CITY**

Xxi + 95 Pages + 4 Tables + 5 Figures + 10 Appendices

ABSTRACT

Anxiety is one of the psychological problems commonly experienced by pregnant women, especially during the third trimester before childbirth. Anxiety may be caused by concerns about the labor process, the condition of the mother and fetus, as well as physical and psychological changes during pregnancy. One of the non-pharmacological interventions that can be used to reduce anxiety levels in pregnant women is prenatal yoga. Prenatal yoga is a form of exercise that combines physical movements, breathing techniques, relaxation, and meditation to provide comfort and help mothers prepare physically and psychologically for childbirth. This study aimed to determine the effectiveness of prenatal yoga in reducing anxiety levels among third-trimester pregnant women at Susnita Independent Midwifery Practice (PMB Susnita), Pekanbaru City. This study employed a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 25 third-trimester pregnant women. Data were collected using the Hamilton Anxiety Rating Scale (HARS) questionnaire, while bivariate analysis was conducted using the Wilcoxon Signed Rank Test. The results showed that the mean anxiety score before prenatal yoga intervention (pretest) was 30.0, which decreased to 16.0 after the intervention (posttest). The Wilcoxon Signed Rank Test yielded a p-value of <0.001 ($p < 0.05$), indicating that prenatal yoga was effective in reducing anxiety levels among third-trimester pregnant women at PMB Susnita. Therefore, there was a significant difference in anxiety levels before and after the prenatal yoga intervention. It can be concluded that prenatal yoga is effective in reducing anxiety levels among third-trimester pregnant women at PMB Susnita, Pekanbaru City.

Keywords : Prenatal Yoga, Third-Trimester Pregnant Women, Anxiety, HARS
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