

PENGARUH VIDEO PRENATAL YOGA TERHADAP
PENURUNAN KECEMASAN IBU HAMIL TRIMESTER II
PADA MASA PANDEMI *COVID-19*
DI PMB RITA JUWARININGSIH

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ABSTRAK

Latar Belakang: Prenatal yoga berupa yoga klasik yang dilakukan oleh ibu hamil trimester II yang dapat meminimalisir ketidaknyamanan dan kecemasan ibu hamil trimester II di masa pandemi *Covid-19*. Dampak pandemi *Covid-19* memaksa pendidikan dan pembelajaran dilakukan secara *daring* termasuk promosi kesehatan prenatal yoga.

Tujuan Penelitian: Diketuinya pengaruh video prenatal yoga terhadap penurunan kecemasan ibu hamil trimester II pada masa pandemi *Covid-19* di PMB Rita Juwariningsih. **Metode Penelitian:** Penelitian ini adalah penelitian eksperimen dengan menggunakan desain *quasi experiment* dengan pendekatan *non randomized pre and post test with control group design* yang dilaksanakan pada bulan Februari 2022. Teknik sampling menggunakan *sampling purposive* dengan jumlah sampel 30 responden, 15 responden kelompok eksperimen dan 15 responden kelompok kontrol. Analisis data menggunakan uji *paired t-test*. Alat ukur yang digunakan kuesioner melalui *google form*.

Hasil Penelitian: Terdapat penurunan kecemasan antara dua kelompok dengan uji normalitas data terdistribusi normal *p-value* <0,05, data tidak homogen Sig <0,007, *sample paired t-test* menunjukkan ada perbedaan antara kelompok eksperimen dan kelompok kontrol.

Kesimpulan: Video prenatal yoga efektif untuk menurunkan kecemasan ibu hamil trimester II pada masa pandemi *Covid-19* di PMB Rita Juwariningsih.

Kata Kunci: Prenatal yoga, video, kecemasan

**THE EFFECT OF PRENATAL YOGA VIDEO ON ALLEVIATING
FEAR OF PREGNANT WOMEN ON THE SECOND
TRIMESTER DURING COVID-19 PANDEMIC
IN PMB RITA JUWARININGSIH**

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ABSTRACT

Background: Prenatal yoga which is classic yoga that is done by pregnant women in the second trimester can alleviate their discomfort and fear during Covid-19 pandemic. The pandemic makes learning and teaching process be done through online means including health promotion in the form of prenatal yoga.

Objective: The objective of this study was to find out the effect of prenatal yoga video on alleviating fear of pregnant women on the second trimester during covid-19 pandemic in PMB Rita Juwariningsih.

Research Method: This was an experimental research that quasi experiment design with non-randomized pre and posttest with control group design approach that was done in February 2022. It used sampling purposive technique with 30 respondents, 15 of them act as experiment group and the other 15 act as control group. To analyze the data, it used paired t-test. As the tool, it used questionnaire through google form.

Result: There was a derivation on the fear between the two groups with normality test data distributed normal p-value <0,05, non-homogen data Sig <0,007, sample paired t-test showed there was a difference between experiment and control group.

Conclusion: Prenatal yoga video was effective on alleviating fear of pregnant women on their second trimester during Covid-19 pandemic in PMB Rita Juwariningsih.

Keywords: Prenatal yoga, video, fear