

DAFTAR PUSTAKA

- Access, O. (2024) 'The Relationship Between Gestational Age, Parity, Nutritional Status with the Incidence of LBP in Pregnant Women', *Media Publikasi Promosi Kesehatan Indonesia The Indonesian Journal of Health Promotion*, 7(11), pp. 2649–2656.
- ACOG (2022) *Low Back Pain During Pregnancy*. Available at: <https://www.acog.org/womens-health/faqs/back-pain-during-pregnancy>.
- Akbar, R., Sukmawati, U.S. and Katsirin, K. (2024) 'Analisis Data Penelitian Kuantitatif', *Jurnal Pelita Nusantara*, 1(3), pp. 430–448. Available at: <https://doi.org/10.59996/jurnalpelitanusantara.v1i3.350>.
- Anggasari, Y. *et al.* (2024) 'Effectiveness of Prenatal Gentle Yoga and Effleurage Massage in Low Back Pain Third Trimester Pregnant Women', *Journal SEEJPH*, (2019), pp. 69–75.
- Aprillia, Y. (2020) 'Prenatal Gentle Yoga: Kunci Melahirkan dengan Lancar, Aman, Nyaman, dan Minim Trauma', p. 320. Available at: https://www.google.co.id/books/edition/Prenatal_Gentle_Yoga_Kunci_Melahirkan_de/TljYDwAAQBAJ?hl=id&gbpv=1.
- Arummege, M.N., Rahmawati, A. and Meiranny, A. (2022) 'Faktor-Faktor yang Mempengaruhi Nyeri Punggung Ibu Hamil Trimester III: Literatur Review', *Oksitosin: Jurnal Ilmiah Kebidanan*, 9(1), pp. 14–30. Available at: <https://doi.org/10.35316/oksitosin.v9i1.1506>.
- Azward, H. *et al.* (2021) 'Prenatal yoga exercise improves sleep quality in the third trimester of pregnant women', *Gaceta Sanitaria*, 35, pp. S258–S262. Available at: <https://doi.org/10.1016/j.gaceta.2021.10.030>.
- Baran, J. *et al.* (2022) 'Effect of physical activity on low back pain in pregnant women', *Journal of Kinesiology and Exercise Sciences*, 32(97), pp. 35–44. Available at: <https://doi.org/10.5604/01.3001.0015.8109>.
- Batista, P.A. *et al.* (2024) 'Low back pain, pelvic pain, and associated factors in type 1 diabetic pregnant women', *Clinics*, 79(August 2023), pp. 1–5. Available at: <https://doi.org/10.1016/j.clinsp.2024.100325>.
- Bemj, B.E.J. and Iii, H.T. (2024) 'Efektivitas Yoga Poses dalam Menurunkan Low Back Pain pada Ibu Bunda Edu-Midwifery Journal (BEMJ)', *Bunda Edu-Midwifery Journal (BEMJ)*, 7, pp. 576–586.
- Beti Nurhayati, Farida Simanjuntak and Marni Br. Karo (2019) 'Reduksi Ketidaknyamanan Kehamilan Trimester Iii Melalui Senam Yoga', *Binawan*

- Student Journal*, 1(3), pp. 167–171. Available at: <https://doi.org/10.54771/bsj.v1i3.82>.
- Boyle, G.J., Boerresen, B.H. and Jang, D.M. (2015) ‘Factor analyses of the mcgill pain questionnaire (MPQ) in acute and chronic pain patients’, *Psychological Reports*, 116(3), pp. 797–820. Available at: <https://doi.org/10.2466/03.15.PR0.116k25w7>.
- Bumi Pangesti, C., Dwi Agussafutri, W. and Anggrawati, Y. (2024) ‘Pengaruh Physical Activity Ibu Hamil Terhadap Nyeri Punggung Bawah Pada Ibu Hamil Trimester Iii’, *Jurnal Kebidanan Indonesia*, 15(1), p. 19. Available at: <https://doi.org/10.36419/jki.v15i1.987>.
- Cahyani, P.D.P., Sriasih, N.G.K. and Darmapatni, M.W.G. (2020) ‘Intensitas Nyeri Punggung Bawah Ibu Hamil Trimester III yang Melakukan Prenatal Yoga’, *Jurnal Sehat Mandiri*, 15(2), pp. 73–80. Available at: <https://doi.org/10.33761/jsm.v15i2.252>.
- Chiarotto, A. *et al.* (2021) ‘Measurement Properties of Visual Analogue Scale, Numeric Rating Scale, and Pain Severity Subscale of the Brief Pain Inventory in Patients With Low Back Pain: A Systematic Review’, *Journal of Pain*, 20(3), pp. 245–263. Available at: <https://doi.org/10.1016/j.jpain.2018.07.009>.
- Dahlan, S. (2014) *Besar Sample dan Cara Pengambilan Sample*. Salemba Medika.
- Danti, R.R., Nuzuliana, R. and Fitriana, H. (2020) ‘Prenatal Yoga for Mental Health: A Systematic Literature Review’, *Jurnal Atlantis Press*, 24(Uphed 2019), pp. 272–280. Available at: <https://doi.org/10.2991/ahsr.k.200311.052>.
- Dewi, A.R., Frafitasari, D.Y. and Andini, D.M. (2024) ‘Efektifitas Prenatal Gentle Yoga Dalam Mengurangi Keluhan Nyeri Punggung Bawah Pada Ibu Hamil’, *Jurnal riset ilmu kesehatan dan Keperawatan*, 2.
- Dharmansyah, D. and Budiana, D. (2021) ‘Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties’, *Jurnal Pendidikan Keperawatan Indonesia*, 7(2), pp. 159–163. Available at: <https://doi.org/10.17509/jpki.v7i2.39351>.
- Fatimah, P. dan (2019) ‘Tanda Bahaya Pada Ibu Hamil’, *Jurnal Kebidanan Indonesia*, 12(2), pp. 59–66.
- Field, T. *et al.* (2013) ‘Yoga and social support reduce prenatal depression, anxiety and cortisol’, *Journal of Bodywork and Movement Therapies*, 17(4), pp. 397–403. Available at: <https://doi.org/10.1016/j.jbmt.2013.03.010>.
- Frafitasari, D.Y., Dewi, A.R. and Sari, P.M. (2023) ‘Pengaruh Prenatal Yoga Terhadap Pengurangan Keluhan Pada Ibu Hamil’, *Journal of Pharmaceutical and Health Research*, 4(1), pp. 52–55. Available at: <https://doi.org/10.47065/jharma.v4i1.3129>.

- Haslin, S., Simanjuntak, N.M. and Lestari, P. (2023) 'The Relationship Of Prenatal Yoga To Back Pain In Pregnant Women Hubungan Prenatal Yoga Terhadap Nyeri Punggung Pada Ibu Hamil', *Jurnal MID-Z (Midwifery Zigot) Jurnal Ilmiah Kebidanan*, 6(November). Available at: <https://doi.org/10.56013/jurnalmidz.v6i2.2479>.
- Henky, J., Efriza and Aprillia (2022) 'The Relationship of Body Mass Index In Third Trimester of Pregnancy With Low Back Pain Incidence', *Scientific Journal*, 1(3), pp. 208–219. Available at: <https://doi.org/10.56260/sciena.v1i3.47>.
- Herfina (2021) 'Terapi Nonfarmakologi Nyeri Punggung Bawah Pada Ibu Hamil', *Program Studi Keperawatan Program Sarjana Universitas Pembangunan Nasional Veteran Jakarta*, pp. 1–16. Available at: <https://www.google.co.id/url?sa=t&source=web&rct=j&url=http://repository.upn.vj.ac.id/7866/2/ARTIKEL%2520K1.pdf.pdf&ved=2ahUKEwjfyNGbhN3zAhXl7HMBHTgtDTU4KBAWegQIBBAB&usg=AOvVaw0flbjf7RPhMbMAnklnLVMR>.
- Holden, S.C. *et al.* (2019) 'Prenatal Yoga for Back Pain, Balance, and Maternal Wellness: A Randomized, Controlled Pilot Study', *Global Advances In Health and Medicine*, 8, pp. 1–11. Available at: <https://doi.org/10.1177/2164956119870984>.
- Husin, F. (2013) *Asuhan Kehamilan Berbasis Bukti*. Jakarta, Sagung Seto.
- Kementrian Kesehatan (2023) *Profil Kesehatan*.
- Kepenek Varol, B. *et al.* (2023) 'The Relationship Between Pregnancy-Related Low Back Pain, Kinesiophobia, and Physical Activity in the Third Trimester', *Clinical and Experimental Health Sciences*, 13(1), pp. 25–31. Available at: <https://doi.org/10.33808/clinexphealthsci.984617>.
- Lin, I.H. *et al.* (2022) 'Efficacy of Prenatal Yoga in the Treatment of Depression and Anxiety during Pregnancy: A Systematic Review and Meta-Analysis', *International Journal of Environmental Research and Public Health*, 19(9). Available at: <https://doi.org/10.3390/ijerph19095368>.
- Low, M. *et al.* (2023) 'Perbedaan Prenatal Yoga dn Senam Hamil Dalam Mengurangi Sakit Punggung Bawah Pada Ibu Hamil Trimester Ketiga', *Jurnal Kebidanan Indonesia*, 14(2), pp. 100–110.
- Manyozo, S.D. *et al.* (2019) 'Low back pain during pregnancy: Prevalence, risk factors and association with daily activities among pregnant women in urban Blantyre, Malawi', *Malawi Medical Journal*, 31(1), pp. 71–76. Available at: <https://doi.org/10.4314/mmj.v31i1.12>.

- Marchand, S. (2020) 'Mechanisms Challenges of the Pain Phenomenon', *Frontiers in Pain Research*, 1(February), pp. 1–5. Available at: <https://doi.org/10.3389/fpain.2020.574370>.
- Marwati, M. *et al.* (2024) 'Prenatal Yoga Sebagai Upaya Mengurangi Ketidaknyamanan pada Ibu Hamil', *Jurnal Pelayanan dan Pengabdian Kesehatan untuk Masyarakat*, 2(1), pp. 1–7. Available at: <https://doi.org/10.52643/jppkm.v2i1.4276>.
- Miharja Bihalia, S., Nuryanti Zulala, N. and Khusnul Dwihestie, L. (2024) 'Pengaruh Senam Hamil Terhadap Penurunan Nyeri Punggung Pada Kehamilan Trimester Ii Dan Iii Di Puskesmas Kasihan I Bantul Daerah Istimewa Yogyakarta', *Jurnal Kebidanan Indonesia*, 15(1), p. 142. Available at: <https://doi.org/10.36419/jki.v15i1.997>.
- Mustofa, L.A. (2023) 'Prenatal Gentle Yoga untuk Mengurangi Intensitas Nyeri Punggung pada Ibu Hamil', *Faletehan Health Journal*, 10(03), pp. 245–252. Available at: <https://doi.org/10.33746/fhj.v10i03.600>.
- Nafisatur, M. (2024) 'Metode Pengumpulan Data Penelitian', *Metode Pengumpulan Data Penelitian*, 3(5), pp. 5423–5443.
- Nurhayati, F.N., Prasetyo, B. and Miftahussurur, M. (2023) 'Analysis of Caesarean Section Rates and Source of Payment Using the Robson Classification System', *Journal of Maternal and Child Health*, 8(1), pp. 1–11. Available at: <https://doi.org/10.26911/thejmch.2023.08.01.01>.
- Oktavia, N., Pramesti, A.P. and Setyani, R.A. (2023) 'The Effectiveness of Prenatal Yoga on Back Pain Intensity of Third-Trimester Pregnant Women in Surakarta', *Journal of Community Empowerment for Health (JCOEMPH)*, 6(3), pp. 139–143. Available at: <https://doi.org/10.22146/jcoemph.83276>.
- Pangaribuan, I.K. *et al.* (2023) 'Pregnancy Exercises on Reducing Lower Back Pain In Pregnant Women Trimester II and III', *Journal of Maternal and Child Health Sciences (JMCHS)*, 3(2), pp. 95–100. Available at: <https://doi.org/10.36086/maternalandchild.v3i2.2041>.
- Perdoman, A.T., Utami, R. and Ramadhaniati, F. (2022) 'Prenatal Yoga Untuk Mengurangi Ketidaknyamanan Kehamilan Trimester 3', *Jurnal Zona Kebidanan*, 12(3), pp. 44–54.
- Phedy, P. *et al.* (2021) 'Cross-cultural adaptation and psychometric validation of the Indonesian version of the Oswestry Disability Index', *European Spine Journal*, 30(4), pp. 1053–1062. Available at: <https://doi.org/10.1007/s00586-020-06690-3>.

- Resmi, D.C., Saputro, S.H. and Runjati (2017) 'Pengaruh Yoga terhadap Nyeri Punggung Bawah Ibu Hamil Trimester III di Puskesmas Kalikajar I Kabupaten Wonosobo', *Jurnal Ilmiah Kesehatan*, 000(1), pp. 1–10.
- Rong, L., Dai, L.J. and Ouyang, Y.Q. (2020) 'The effectiveness of prenatal yoga on delivery outcomes: A meta-analysis', *Complementary Therapies in Clinical Practice*, 39(March), p. 101157. Available at: <https://doi.org/10.1016/j.ctcp.2020.101157>.
- Ryan, Cooper and Tauer (2021) *Solusi Low Back Pain, Paper Knowledge . Toward a Media History of Documents*.
- Salari, N. *et al.* (2023) 'The global prevalence of low back pain in pregnancy: a comprehensive systematic review and meta-analysis', *BMC Pregnancy and Childbirth*, 23(1), pp. 1–13. Available at: <https://doi.org/10.1186/s12884-023-06151-x>.
- Simsek Sahin, E. and Can Gürkan, Ö. (2023) 'The Effect of Prenatal Yoga on Pregnancy-Related Symptoms: A Pilot Quasi-Experimental Study', *Complementary Medicine Research*, 30(3), pp. 195–203. Available at: <https://doi.org/10.1159/000528801>.
- Styles, A. *et al.* (2019) 'Prenatal yoga for young women a mixed methods study of acceptability and benefits', *BMC Pregnancy and Childbirth*, 19(1), pp. 1–12. Available at: <https://doi.org/10.1186/s12884-019-2564-4>.
- Syalfina, A.D., Sari Priyanti and Dian Irawati (2022) 'Case Study : Pregnant Women With Back Pain Agustin', *Jurnal Ilmiah Kebidanan (Scientific Journal of Midwifery)*, 8(1), pp. 36–42. Available at: <https://doi.org/10.33023/jikeb.v8i1.1061>.
- V.Walsh, L. (2008) *Buku Ajar Kebidanan Komunitas*. EGC.
- Wati, M.F. *et al.* (2022) 'Pengaruh Masase Effleurage Terhadap Intensitas Nyeri Punggung Bawah Ibu Hamil Trimester Iii', *Femina: Jurnal Ilmiah Kebidanan*, 1(2), p. 25. Available at: <https://doi.org/10.30867/fjk.v1i2.780>.
- WHO (2023) *WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings*, World Health Organization. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK599210/>.
- Yoga, T. *et al.* (2022) 'Jurnal Keperawatan Muhammadiyah', *Jurnal Keperawatan Muhammadiyah*, 7(2), pp. 105–110.