

INTISARI

PENGARUH SENAM YOGA TERHADAP TINGKAT KECEMASAN IBU HAMIL PADA TRIMESTER III DI KLINIK MOMMIES BANJARSARI SURAKARTA JAWA TENGAH

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Latar Belakang: Kecemasan pada ibu hamil dapat muncul karena masa panjang saat menanti kelahiran penuh ketidakpastian dan juga bayangan tentang hal-hal yang menakutkan saat proses persalinan. Kecemasan pada ibu hamil dapat muncul karena masa panjang saat menanti kelahiran penuh ketidakpastian dan juga bayangan tentang hal-hal yang menakutkan saat proses persalinan.

Tujuan Penelitian: Untuk mengetahui pengaruh senam yoga terhadap tingkat kecemasan ibu hamil trimester III di Klinik Mommies Banjarsari Surakarta Jawa Tengah.

Metode Penelitian: Penelitian ini menggunakan metode *quasy eksperimen* dengan pendekatan *one group pre test and post test desing*. Besar sampel dalam penelitian ini adalah 16 ibu hamil trimester III di Klinik Mommies Banjarsari Surakarta. Teknik pengambilan sampel yang digunakan adalah *Total Sampling*. Teknik analisis data dengan *paired simple t-test* dan *independen simple t-test*.

Hasil Penelitian: 1) Senam yoga efektif dalam mengurangi kecemasan ibu hamil trimester III di Klinik Mommies Banjarsari Surakarta Jawa Tengah, hal ini ditunjukkan oleh nilai rata-rata tingkat kecemasan sebelum senam yoga lebih besar dari nilai rata-rata tingkat kecemasan sesudah senam yoga; 2) Sebagian besar tingkat kecemasan pasien sebelum diberikan senam yoga sebesar 19,25 yang tergolong kecemasan sedang dan sebagian besar tingkat kecemasan ibu hamil sesudah diberikan senam hamil sebesar 14,25 yang tergolong kecemasan ringan; 3) Terdapat pengaruh pemberian senam yoga terhadap tingkat kecemasan ibu hamil pada trimester III di Klinik Mommies Banjarsari Surakarta Jawa Tengah (*p-value* = 0,001).

Kesimpulan: Terdapat pengaruh senam yoga terhadap tingkat kecemasan ibu hamil pada trimester III di Klinik Mommies Banjarsari Surakarta Jawa Tengah.

Kata Kunci: Senam Yoga, Kecemasan, Ibu Hamil Trimester III.

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ABSTRACT

THE EFFECTS OF YOGA GYMNASTICS ON THE LEVEL OF ANXIETY III TRIMESTER PREGNANT WOMEN IN MOMMIES BANJARSARI SURAKARTA CLINIC, CENTRAL JAVA

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Background: Anxiety in pregnant women may arise due to a long period of time when awaiting a full birth of uncertainty and also a shadow of things that are scary during delivery. Anxiety in pregnant women can arise because of a long period when waiting for a birth full of uncertainty and also a shadow of things that are scary during delivery.

Objectives: The effect of yoga gymnastics on anxiety levels of pregnant women in the third trimester in Banjarsari Surakarta Mommies Clinic, Central Java.

Methods: This study used an experimental quasy method with a one group approach pre test and post test design. The sample size in this study was 16 third trimester pregnant women at the Banjarsari Mommies Clinic in Surakarta. The sampling technique used is total sampling. Data analysis techniques were paired simple t-test and independent simple t-test.

Results: 1) Yoga gymnastics was effective in reducing the anxiety of third trimester pregnant women in Banjarsari Surakarta Mommies Clinic in Central Java, this is indicated by the average value of anxiety levels before yoga exercise is greater than the average value of anxiety levels after yoga exercise; 2) Most of the patient's anxiety level before being given yoga exercises is 19.25 which is classified as moderate anxiety and most of the anxiety levels of pregnant women after giving pregnancy exercise at 14.25 are classified as mild anxiety; 3) There is the effect of giving yoga exercises to the level of anxiety of pregnant women in the third trimester at Banjarsari Surakarta Mommies Clinic, Central Java (p-value = 0.001).

Conclusion: There is a yoga gymnastic effect on the anxiety level of pregnant women in the third trimester in Banjarsari Surakarta Mommies Clinic, Central Java.

Keywords: Yoga Gymnastics, Anxiety, Pregnant Women III Trimester.

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