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Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

Description of characteristics and knowledge of prenatal yoga in trimester iii pregnant women at Kasih Bunda Sunggal Clinic 2024

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ARTICLE INFO	ABSTRACT
<i>Article history:</i> Received Aug 1, 2024 Revised Aug 15, 2024 Accepted Aug 30, 2024 <i>Keywords:</i> Back Pain Prenatal Yoga Third Trimester Pregnant Women	In the third trimester of pregnancy, mothers experience changes that can cause discomfort. Back pain occurs and increases with gestational age. Back pain is more pronounced at 36 weeks of gestation. Prenatal yoga is a series of exercises specially designed for pregnant women which aims to train the body for muscle elasticity and train breathing. The purpose of this study is to determine how the knowledge of third trimester pregnant women who do prenatal yoga with back pain. Sample collection is done by accidental sampling using the description method with 12 people. Third trimester pregnant women age 26-35 years are 9 people (75%), based on parity, there are 11 respondents (91.7%), and 1 person (8.3%) is with primipara. Mothers do not work, namely 10 people (83.7%) and 2 people (16.3%) worked as self-employed. Based on sufficient income, 11 people (91.7%) are obtained, and based on education, the majority of pregnant women graduated from high school, namely 11 people (91.7%). Pregnant women who experience back pain are 12 people (100%) and pregnant women who do not do prenatal yoga are 9 people (75%). The knowledge of pregnant women who do prenatal yoga with back pain is mostly good as many as 8 people (66.7%). The conclusion of this study is that prenatal yoga can reduce complaints of back pain in mothers of trimester III. <i>This is an open access article under the CC BY-NC license.</i>



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INTRODUCTION

Pregnancy is a physiological condition for women, starting from conception, nidation to pregnancy maintenance. Pregnancy is also defined as the union of sperm and egg cells and the result of the union will implant in the uterine wall and develop in the uterus until enough months. In general, the gestational age occurs within a period of 40 weeks (9 months based on the world calendar) starting from fertilization to the birth of a baby. During pregnancy there are three trimesters that pregnant women must go through, the first trimester from 0 weeks to 12 weeks, the second

trimester for 15 weeks starting at weeks 13 to 27, and the third trimester for 13 weeks from 28 weeks to 40 weeks of age (F. Lumy, 2023).

In pregnancy, back pain occurs and increases with gestational age. Some women complain of back pain that radiates to the buttocks and thighs, even long after delivery. This results in problems of sleep disturbance, decreased productivity, use of pharmacological drugs, depression and stress. To overcome back pain can be treated with complementary care that can overcome the problem of back pain discomfort (Tyastuti & Wahyuningsih, 2022).

Data from the Indonesian Ministry of Health in 2016, found that there were 5,354,594 pregnant women. Data in Indonesia who experience back pain as much as 18% and increases with increasing gestational age. Mothers who experience back pain with high pain levels are 12 people and mothers with manageable back pain are 4 people. The highest level of pain was six people, mothers who felt strong pain, with intense pain even affecting several senses (Armayanti et al., 2023).

The treatment that pregnant women can do in dealing with their back pain is with complementary therapy. In the rules of the Minister of Health Decree No.1109 / Menkes.Per / IX / 2007 states that complementary therapy is therapy based on non-pharmacological biomedical science to improve the health of citizens and to increase health rates, prevention, treatment to recovery. One complementary therapy to reduce back pain is prenatal yoga (Riska, 2019); (Haslin shafrina, Netti Meiliani simajuntak, 2023). Prenatal yoga is a type of exercise for pregnant women, with movements that can reduce and eliminate maternal discomfort during pregnancy, by doing prenatal yoga the pain in the lumbosacral section will decrease and the mother will feel more comfortable (Haslin shafrina, Netti Meiliani simajuntak, 2023).

This yoga aims to elasticize the muscles and joints with slower movements according to the space capacity of pregnant women. Prenatal yoga is a series of exercises specially designed for pregnant women which aims to train the body for elasticity of muscles and train breathing. With slow movements according to the capacity of movement of pregnant women for the health and comfort of pregnant women (Agustina et al., 2023).

RESEARCH METHOD

The research design that will be used during the research is a survey design with the aim of describing, and explaining the Characteristics and Knowledge of Prenatal Yoga in Trimester 3 pregnant women with Back Pain at the Kasih Bunda Pratama Clinic.

In this study the population of researchers was all pregnant women in Trimester III at the Kasih Bunda Clinic. The sample involved in this study were pregnant women who experienced back pain, namely 12 people, and among them as many as 3 pregnant women did not follow prenatal yoga. Data collection when conducting research is with data obtained from respondents. By giving a questionnaire containing statements about the research provided Tables and Figures are presented center, as shown in Table 1 and Figure 1, and cited in the manuscript before appeared.

Instruments used during the study were questionnaires. This questionnaire aims to collect data on the characteristics and knowledge of prenatal yoga in third trimester pregnant women who experience back pain at Kasih Bunda Primary Clinic.

RESULTS AND DISCUSSIONS

Table 1. Characteristics of third trimester pregnant women who experience back pain

No	Characteristics	Frequency (f)	Percentage (%)
1.	Age		
	17 – 25 Th	1	8,3
	26 – 35 Th	9	75

No	Characteristics	Frequency (f)	Percentage (%)
	36 - 45 Th	2	16,7
2.	Parity		
	Primipara	1	8,3
	Multiparaous	11	91,7
3.	Occupation		
	Employed	2	16,7
	Not Working	10	83,3
4.	Income		
	Low	1	8,3
	Moderate	11	91,7
	High	0	0
5.	Education		
	Elementary School	1	8,3
	Junior High School	0	0
	High School	11	91,7
	College	0	0
	Total	12	100

There were respondents aged 17-25 years as many as 1 person (83.3%) at the age of 26-35 as many as 9 people (75%) and age 36-45 as many as 2 people (16.7%). Based on the characteristics of the dominant respondent's parity with multipara, namely 11 people (91.7%) and primipara 1 person (8.3%). Based on the characteristics of the dominant work of the mother not working, namely 10 (83.7%) people and 2 people (16.3%) are not working.

Table 2. Frequency distribution of respondents with back pain

Back Pain	Frequency (f)	Percentage (%)
Yes	12	100
TOTAL	12	100

Based on the table, the respondents who did Prenatal Yoga at the Kasih Bunda Clinic were 9 people (85%) and pregnant women who experienced back pain but did not do yoga were 3 people (15%).

Table 3. Frequency distribution of percentage of pregnant women who perform prenatal yoga

No	Yoga	Frequency (f)	Percentage (%)
1.	Yes	9	75
2.	No	3	25
	TOTAL	12	100

Table 4. Frequency distribution of knowledge of third trimester pregnant women who do prenatal yoga with back pain

Knownledge	Frequency (f)	Percentage (%)
Good	8	66,7
Fair	4	33,3
Poor	0	0
TOTAL	12	100

Distribution of knowledge of pregnant women about prenatal yoga and back pain, respondents who have good knowledge as many as 8 people (66.7%), and respondents who have sufficient knowledge as many as 4 people (33.3%) are or.

Discussions

Characteristics of third trimester pregnant women who experience back pain

According to the assumptions of researchers in line with previous research that back pain can be experienced by third trimester pregnant women of various ages. Back pain is a physiological thing experienced by pregnant women where the increase in fetal weight and uterine

size so that the muscles are not strong abdomen to hold and result in imbalance in the muscles around the pelvis, in this study it was found that Trimester III pregnant women both young and old will experience back pain. High parity will be more at risk of back pain where multiparous mothers have a risk of experiencing the incidence of back pain, which is caused by the weakening of the muscles - repetitive muscles from previous pregnancies that cause failure to support the enlarged uterus and uterus. The work or activity of pregnant women is also a cause of back pain, pregnant women who work as career women or just housewives will still do activities, body mechanics are one of the causes of back pain in pregnant women, such as working with the position of the body looking forward, sitting too long and daily activities at home that cause errors in the spine, in this study it was found that mothers who did not work as career women would still also do activities at home, according to researchers of third trimester pregnant women not to do heavy work and pay attention to position or posture and do sports or prenatal yoga. It can be concluded that age, occupation, and parity are factors in the occurrence of back pain in third trimester pregnant women.

According to the researcher's assumption that income is one of the needs needed by pregnant women which is useful for the costs of examinations from pregnancy to preparation for childbirth, especially for attending prenatal yoga classes, at the time of the field pregnant women had an average income because they did not work and only relied on the work of their husbands.

The researcher's assumption is in line with Ratih's research that higher education will affect a person's knowledge, curiosity about the problem / complaint will be greater and it will be easy to respond to something so that it is easy to accept and receive information about the things he experiences, such as back pain. And also the higher a person's education, the wider the relationships and sources of knowledge he gets so as to increase his insight into something.

Frequency of third trimester pregnant women who do prenatal yoga

According to the assumption of researchers, prenatal yoga is one of the needs of pregnant women, especially those who experience complaints or discomfort in pregnancy. By doing yoga, it can overcome the problem of discomfort in pregnant women trimester 3 such as back pain, the results of research that mothers who experience back pain do prenatal yoga to overcome their complaints.

Frequency Distribution of Respondents with Back Pain

According to the assumptions of researchers in line with the research of Sri and Yuni who said that back pain experienced by pregnant women is caused by the increase in uterine size so that it presses on the back muscles and joints are depressed. At the time of the field, it was found that third trimester pregnant women who experienced back pain were 12 people, apart from being caused by the increase in uterine size, back pain experienced by pregnant women was also caused by the activities of pregnant women, and incorrect body mechanisms, such as sitting too long or standing too long. In the results of the study found that 3 pregnant women who experienced back pain did not follow prenatal yoga, the reason for not following yoga was due to the lack of family income to pay for yoga fees, sufficient maternal knowledge and education that only graduated from elementary school. These factors greatly influence the mother's intention to do prenatal yoga

Frequency Distribution of Percentage of Pregnant Women who Perform Prenatal Yoga

According to the assumption of researchers, prenatal yoga is one of the needs of pregnant women, especially those who experience complaints or discomfort in pregnancy. By doing yoga, it can overcome the problem of discomfort in pregnant women trimester 3 such as back pain, the results of research that mothers who experience back pain do prenatal yoga to overcome their complaints.

Frequency Distribution of Knowledge of Third Trimester Pregnant Women who Do Prenatal Yoga with Back Pain

According to the researcher's assumption that the knowledge of third trimester pregnant women regarding prenatal yoga with back pain is mostly good because the mother gets the source of information about it from the clinic midwife. All respondents are regular patients of the Kasih Bunda clinic so they always get information about the benefits of prenatal yoga and education on physiological changes in trimester III such as back pain experienced by pregnant women every time they visit ANC.

CONCLUSION

Based on the results of the study, it can be concluded that the characteristics of respondents based on the age of the majority of people aged 26-35 (75%), based on the parity of the majority of mothers with multiparity, namely 11 people (91.7%), based on the work of the majority of respondents not working or only housewives as many as 10 people (83.3%), based on the characteristics of respondents' income had sufficient income as many as 11 people (91.7%) and sufficient income only 1 person (8.3%). and based on the education of the dominant respondents graduated from high school as many as 11 people (91.7%).

Based on the research it can be concluded that third trimester pregnant women who experience back pain as many as 12 people (100%) Based on the results of the study it can be concluded that third trimester pregnant women who attended yoga classes were 9 people (75%) and who did not follow yoga as many as 3 people).

The knowledge of pregnant women about prenatal yoga and back pain at the Kasih Bunda clinic can be concluded that the majority of respondents have good knowledge, namely 8 people (66.7%). In this case, the knowledge gained by respondents is generated from education - education provided by the clinic during visits or pregnancy checks.

The knowledge of pregnant women about prenatal yoga and back pain at the Kasih Bunda clinic can be concluded that the majority of respondents have good knowledge, namely 8 people (66.7%). In this case, the knowledge gained by respondents is generated from education - education provided by the clinic during visits or pregnancy checks.

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