

Impact of Prenatal Yoga on Mothers' Back Pain in the Third Trimester of Pregnancy Complaints

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ABSTRACT

Back pain is one of the physical and psychological changes that pregnant women go through that can be uncomfortable, particularly in the third trimester. Performing pregnancy exercises using the yoga practice method is one strategy to avoid pregnancy throughout pregnancy and ensure the health of both the mother and the fetus. Yoga is a form of mental and physical activity that is used to treat a variety of illnesses and pains. The purpose of this study was to evaluate the impact of prenatal yoga on mothers' complaints of back pain during the third trimester of pregnancy. analytical study using a pre-experimental methodology. Thirty-two TM III pregnant women participated in this study. The Wilcoxon test is used to analyze data. According to this study, the Asymp. Sig. (2-tailed) is recognized.

Keywords: back pain, pregnancy, prenatal yoga

BACKGROUND

According to the International Federation of Obstetrics and Gynecology, pregnancy is the result of spermatozoa and ovum uniting through fertilization, which is followed by implantation or nidation (Fatimah, 2017). Based on the international calendar, a pregnancy will take 40 weeks, or 10 months, or 9 months, from the time of conception until the baby is born. There are three distinct phases of pregnancy: the first lasts 12 weeks, the second lasts 15 weeks (weeks 13–27), and the third lasts 13 weeks (weeks 28–40).

During the third trimester of pregnancy, which covers the final three months or months of the pregnancy.

According to the findings of earlier research, back pain accounted for the majority of mothers' discomfort prior to practicing prenatal care yoga, as reported by 21 participants (65.6%), and 15 participants (44.9%) reported less discomfort following four weeks of prenatal care yoga training (Gustina, 2020). On the other hand, several studies have shown that frequent yoga practice during pregnancy can lessen third-trimester discomfort when compared to non-yoga practitioners (Nurhayati, 2019). Pregnant women can practice yoga at home or in classrooms; each pose has advantages for both the mother and the fetus, including strengthening.

According to prior studies, the average value of pregnancy exercise was 26 and the average value of pregnancy yoga was 29, indicating that there was a difference in the effectiveness of these two forms of exercise and yoga on complaints of low back pain in third-trimester pregnant women (Fitriani, 2018). With an average difference in intensity of 1.43, yoga can also help pregnant women with back pain (Official et al., 2017). There hasn't been much research done on the phenomena of pregnant women's feelings throughout the third trimester who practice yoga. Prenatal gentle yoga sessions, particularly those taught by midwives, are becoming more and more popular, although people still choose to limit their physical activity to avoid pain.

METHODS

This study uses a pre-experimental methodology and is analytical in nature. The study's sample consisted of thirty-two TM III pregnant women. The Wilcoxon test is used to analyze data.

RESULTS

Characteristics of Respondents Based on Age

The frequency distribution of respondents based on the age of pregnant women at the Orchid Posyandu Puskesmas Karya Mukti, Ogan Komering Ulu Regency, South Sumatra Province is as follows:

Table 4.1 Frequency distribution of respondents based on maternal age

Respondent Age	Frequency	Presentation (%)
< 20 Years	9	28,1
20- 35 Years	21	65,6
>35 Years	2	6,3
Amount	32	100,0

Based on table 4.1 above, it shows that most of the mothers are 12-14 years old, namely 21 respondents (65.6%).

Characteristics of Respondents Based on Education

The frequency distribution of respondents based on the mother's education at the Orchid Posyandu Puskesmas Karya Mukti, Ogan Komering Ulu Regency, South Sumatra Province is as follows:

Table 4.2 Frequency distribution of respondents based on mother's education

Education	Frequency	Presentation (%)
Elementary School	12	37,5
Junior High School	13	40,6
Senior High School	5	15,6
College/Academy	2	6,3
Amount	32	100,0

Based on table 4.2 above, it shows that almost most of the respondents have junior high school education, namely 13 respondents (40.6%).

Characteristics of Respondents Based on Occupation

The frequency distribution of respondents based on the mother's occupation at the Orchid Posyandu Puskesmas Karya Mukti, Ogan Komering Ulu Regency, South Sumatra Province is as follows:

Table 4.3 Frequency distribution of respondents based on mother's occupation

Work	Frequency	Presentation (%)
Housewife	12	37,5
Private	4	12,5
Entrepreneur	9	28,1
Civil Servant	7	21,9
Amount	32	100,0

Based on table 4.3 above, it shows that almost most of the respondents are housewives, namely 12 respondents (37.5%).

Pain Characteristics of Pregnant Women Before Prenatal Yoga

The distribution of the frequency of respondents' pain during pregnancy before prenatal yoga is as follows:

Table 4.4 Frequency distribution of respondents based on Pain in Pregnant Women Before Prenatal Yoga

Category	Frequency	Presentation (%)
No Pain	0	0
Light	11	34,4
Currently	15	46,9
Heavy	4	12,5
Very heavy	2	6,3
Amount	32	100,0

Based on table 4.4 above, it shows that almost most of the respondents are in the Moderate Pain category, namely 15 respondents (46.9%).

Pain Characteristics of Pregnant Women After Prenatal Yoga

The distribution of the frequency of pain in pregnant women after prenatal yoga is as follows:

Table 4.4 Frequency distribution of respondents based on pain during pregnancy after prenatal yoga

Category	Frequency	Presentation (%)
No Pain	13	40,6
Light	13	40,6
Currently	5	15,6
Heavy	1	3,1
Very heavy	0	0
Amount	32	100,0

Based on table 4.4 above, it shows that most of the categories of respondents have no pain and mild pain, namely 26 respondents (90.2%).

DISCUSSION

The Effectiveness of Prenatal Yoga Against Pregnancy Complaints TM III (Back Pain) in Pregnant Women

The study's findings show that the majority of respondents 15, or 46.9% had moderate pain prior to practicing prenatal yoga, and that the majority of respondents 26, or 90.2% were in the no pain and mild pain categories following prenatal yoga.

The uterus keeps growing as the fetal burden increases due to the growing gestational age and fetal growth. As a result of the uterus's expansion, the back, muscles, ligaments, and nerve fibers will have to expand, increasing the strain on the spine and leading to physiological lordosis. Pregnant women get back pain because of this (Annelie et al., 2018 in Husin's book, 2020).

The Effect of Antenatal Yoga on Reducing Complaints of Third Trimester Pregnant Women in Bangka Belitung Regency in 2017 was the title of a journal article written by Suljiah. According to research findings, pregnant women's average complaint on measurements taken prior to prenatal yoga was 12.78, with a standard deviation of 2.210, he said. Pregnant women's average complaint, measured after antenatal yoga, was 12.19, with a standard

deviation of 2.912. With a standard deviation of 1.103, the mean difference between the pre-test and post-test measures is 0.59, as can be observed. According to the statistical test results, which showed a p value of 0.005, pregnant women's concerns prior to prenatal yoga varied significantly.

The effectiveness of prenatal exercise and pregnancy yoga in reducing back pain in third-trimester pregnant women at the Pekkabata Public Health Center was the title of a 2018 study by Fitriani Lina. III is evident from the pre-test to post-test findings, which showed a decline with a mean value of 29 and a p-value of 0.000. The study came to the conclusion that expectant mothers' back pain scores during the third trimester, which were 16 (53.33%), were primarily on the mild pain scale. Mild back pain complaints are brought on by the activities of the mother or by the growing fetal growth and gestational age in the third trimester, which increases the load in the uterus and results in back pain.

CONCLUSION

The results of this study indicate that the Asymp. Sig. (2-tailed) value is 0.000, which is smaller than 0.05. Therefore, it can be concluded that the alternative hypothesis (H_a) is accepted, and the null hypothesis (H_0) is rejected, meaning that prenatal yoga is effective in reducing back pain complaints. Additionally, the study results show that 32 respondents experienced a decrease in pain scale after practicing prenatal yoga compared to before. Before prenatal yoga, almost half of the respondents (46.9%) experienced moderate pain, whereas after prenatal yoga, the majority of respondents (90.2%) were in the no pain or mild pain category. This indicates that prenatal yoga is effective in alleviating back pain in pregnant women.

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