

EFFECT OF PRENATAL GENTLE YOGA AND HYPNOTHERAPY ON ANXIETY LEVELS AND SLEEP QUALITY IN PREGNANT WOMEN THIRD TRIMESTER

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Abstract

Getting bigger pregnant, therefore the attention and thoughts of pregnant women starting to focus on something that is considered complex, so that the anxiety experienced by pregnant women will be even more intense just before childbirth. Excessive anxiety and sleep disturbances during pregnancy can cause mental disorders in pregnant women and inhibit fetal growth. Intervention that can be to do is practice prenatal yoga and hypnotherapy. To determine the effect of prenatal gentle yoga and hypnotherapy on anxiety levels and sleep quality of third trimester pregnant women. This type of research is quasy experiment with pretest-posttest with control group. The study was conducted in the working area of Sumber Public Health Center in Cirebon District. The samples of the research was 32 pregnant women, in which 16 samples in treatment group and 16 samples in control group with sampling technique using purposive sampling. The data analysis used the Dependent T-Test Statistic. The research instrument of anxiety levels used Z-SAS and sleep quality used PSQI. The results of statistical tests showed that there were differences of anxiety levels before and after prenatal gentle and hypnotherapy with p value 0.000 ($p < 0.05$); there were differences in sleep quality before and after prenatal yoga and hypnotherapy with p value 0.000 ($p < 0.05$); and there were no differences of anxiety levels and sleep quality of third trimester pregnant women in the intervention and control groups ($p = 0.64$). This shows that if prenatal gentle yoga is compared with hypnotherapy there is no significant difference, because the intervention carried out has the same benefits for pregnant women.

Keywords: Anxiety, Hypnotherapy, Prenatal Gentle Yoga, Sleep Quality

Introduction

WHO estimates that every day around the world around 830 women die from pregnancy and childbirth and 99% of maternal deaths occur in developing countries. (WHO, 2016). In Indonesia, MMR has decreased from 359 per 100,000 live births that occurred in 2012 to 305 per 100,000 live births in 2015. Although there has been a decrease, MMR in Indonesia has not yet reached the Long-Term Development target in

the Health Sector 2005-2025, which can be reduced to 74 per 100,000 live births. (Kemenkes, 2015)

The causes of maternal death due to pregnancy or childbirth are due to medical, social, cultural and religious aspects. One such medical aspect is labor with complications. One of the causes of complications in pregnancy is stress. In Indonesia, there are 107,000 (28.7%) pregnant women who experience anxiety in facing childbirth (Rahmitha, 2017).

The anxiety levels was indirectly one of problems associated with high rate of maternal mortality and maternal morbidity. Anxiety often interferes with sleep. A decrease in sleep quality in pregnant women can cause a decrease in the condition of pregnant women, reduced concentration, fatigue, body aches, not in mood to work, and tend to be emotional. This can make burden of pregnancy even heavier (Nurcahya, 2017).

There are many non-pharmacological methods developed by many health practitioners in dealing with problems of pregnant women, including doing pregnancy exercise, yoga, relaxation, hypnobirthing and so on. (Sindhu, 2011).

According to research results from Pongsibidang (2019) and Safriani (2017), prenatal gentle yoga plays an important role in reducing anxiety level of pregnant women and improving sleep quality when entering third trimester of pregnancy.

Another method that can be done is hypnotherapy in pregnancy. Through hypnotherapy exercises, a pregnant woman is able to enter a state of deep relaxation so that she can maintain her

calm and emotional stability. Emotional conditions are calm, comfortable, stable and diligent in instilling positive affirmations. Relaxation as a technique that has been proven to reduce anxiety in various subjects has also been shown to be effective in reducing anxiety in pregnant women (Kuswandi, 2014).

² Based on the results of a preliminary study in form of interviews with 9 pregnant women third trimester carried out at Sumber Public Health Center, it was found that 7 out of 9 pregnant women interviewed experienced sleep disorders during pregnancy. They complained of anxiety and fear when entering third trimester about how the baby will be born.

Method

The research design used a quasy experiment research design. The ⁷ research design used in this study was Pre and Post Test with Control Group, which is an experimental study using a comparison group (control), previously 2 groups had pre-test observations, so that the researcher could compare changes after doing experiment proven by post test (Notoatmodjo, 2012)

The population in this study were all pregnant women in work area of Sumber Public Health Center from August to November 2019 with as many as 47 people. Of the 47 pregnant women, 32 were pregnant according to inclusion criteria. This sample was divided into 2 groups, that are 16 respondents in intervention group and 16 respondents in control group.

The intervention group was given prenatal gentle yoga 2 times a week for 2 weeks with a duration of 2 hours each meeting and was guided by researcher. The control group was given hypnotherapy by researchers, respondents were taught to be able to do self-hypno at home for 7 days in 10-20 minutes before sleep at night and given hypnotherapy observation sheets. The researcher had a certificate in prenatal gentle yoga and hypnotherapy.

This study used a parametric test, that are paired t-test to determine effect of prenatal gentle yoga and hypnotherapy on anxiety levels and sleep quality before and after intervention.

Results

Table 1. Paired T-test Anxiety Levels Pregnant Women Third Trimester In Prenatal Gentle Yoga Dan Hypnotherapy Group

Based on data collected and analyzed, the following results were obtained:

Analysis of Differences in Anxiety Levels in Prenatal Gentle Yoga and Hypnotherapy Groups

Table 1 shows the results of paired T-test for prenatal gentle yoga and hypnotherapy groups, p value for anxiety levels was 0.00 ($p < 0.05$) with a mean difference of 14.56 and 8.06. Statistically, there were significant difference in the mean anxiety levels in pre and post test scores in prenatal gentle yoga and hypnotherapy groups.

Analysis of Differences in Sleep Quality in Prenatal Gentle Yoga and Hypnotherapy Groups

Table 2 shows the results of paired T-test for prenatal gentle yoga and hypnotherapy groups, p value for sleep quality was 0.00 ($p < 0.05$) with a mean difference of 5.06 and 4.69. Statistically, there were significant difference at mean sleep quality in pre and post test scores in prenatal gentle yoga and hypnotherapy groups.

Groups	Variable	Mean	Mean Difference	SD	p value
Prenatal gentle yoga	Pre Test	48,81	14,56	11,79	0,00
	Post Test	34,25			
Hypnotherapy	Pre Test	44,25	8,06	6,64	0,00
	Post Test	36,19			

Table 2. Paired T-test Anxiety Levels Pregnant Women Third Trimester In Prenatal Gentle Yoga Dan Hypnotherapy Group

Groups	Variable	Mean	Mean Difference	SD	p value
Prenatal gentle yoga	Pre Test	9,94	5,06	2,02	0,00
	Post Test	4,88			
Hypnotherapy	Pre Test	9,94	4,69	1,85	0,00
	Post Test	5,25			

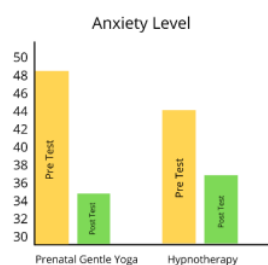


Figure 1. Anxiety Levels

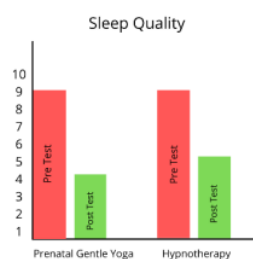


Figure 2. Sleep Quality

hypnotherapy group, pre-test score was 44.25 and post-test score was 36.19.

This shows that the level of anxiety before and after the intervention there is a decrease in anxiety level, as evidenced by the lower the average value of before and after intervention in both groups. Whereas previously respondents had never followed and felt the benefits of prenatal gentle yoga and hypnotherapy.

Discussion

Anxiety level in Pregnant Women

The results of analysis are in Table 1 with pre-test score of anxiety level in prenatal gentle yoga group of 48.51 and post-test score of 34.25. In the

Pregnant women experience anxiety caused by increase in the hormone progesterone. In addition to making pregnant women feel anxious, this increase in hormones also causes emotional disturbances and makes pregnant women tired quickly. Another hormone that increases during pregnancy is hormone adrenaline. Hormone adrenaline can cause a dysregulation of the body's biochemistry, causing physical stress to appear in pregnant women such as irritability, anxiety, inability to concentrate, doubt, maybe even want to escape the realities of life (Priharyanti, et al., 2018).

These results are in line with research conducted by Gusti and Pramita (2017), Analysis of effect of antenatal yoga on anxiety levels in Q III pregnant women in facing the labor process in the study, the p value was 0.00 smaller than α 0.05, then H0 rejected or hypothesis in this study was accepted, namely that there was an effect of giving antenatal yoga on the level of anxiety in TW III pregnant women in facing the labor process.

Sleep quality in Pregnant Women

Table 2, the results of pre-test analysis of sleep quality in prenatal

gentle yoga group of 9.94 and post-test value of 4.88. In hypnotherapy group, pre-test score was 9.94 and post-test score was 5.25. This shows that quality of sleep before and after intervention there is a decrease in average quality of sleep.

This research is in line with results of research conducted by Safriani (2017), there was an increase in the results of measuring sleep quality before and after doing yoga exercises and by paying attention to the results of Wilcoxon statistical test which showed a significance value of p (0.00) which means $p < 0.05$ or H1 accepted, which means that there is an effect of yoga exercises on sleep quality of third trimester pregnant women in Plandaan Jombang Public Health Center Work Area.

Prenatal yoga practice has a larger portion of physical exercise than relaxing portion. By relaxing and stretching muscles a person can relieve muscle contraction and experience a relaxed state in the body. It turns out that, physical exercise helps pregnant women reduce their physical complaints, such as back pain, bleg cramps, and improving sleep quality (Fauziah, 2016).

Whereas in hypnotherapy, it can affect a person's relaxation due to secretion of hormone melatonin which is influenced by decrease in a person's brain waves down in delta waves. When in delta waves, brain will produce human growth hormone, which is serotonin, which is good for health. When a person

reaches delta waves, the pineal gland will change substance serotonin into melatonin which is important to affect sleep quality, so that they feel good while sleeping and regulate the circadian rhythm. (Hidayat dan Mumpuningtias, 2018)

Conclusion

Prenatal Gentle Yoga and hypnotherapy have an effect in reducing anxiety levels and improving sleep quality in third trimester pregnant women

Suggestion

Pregnant women are expected to be able to exercise regularly like prenatal gentle yoga and hypnotherapy, to reduce complaints during pregnancy such as anxiety and improve sleep quality.

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