

## DAFTAR PUSTAKA

- Agustina Elsera Tarigan, Adelina Sembiring, & Lisbet Gurning. (2025). Pengaruh Senam Hamil terhadap Penurunan Nyeri Punggung Bawah pada Ibu Hamil Trimester II dan III Di BPM Maya Kabupaten Batubara. *Vitamin : Jurnal Ilmu Kesehatan Umum*, 3(4), 63–72.  
<https://doi.org/10.61132/vitamin.v3i4.1732>
- Aprilia. (2020). The Effect of Back Treatment on Reducing Lower Back Pain Levels in Third Trimester Pregnant Women at Puskesmas Depok II. *Jurnal Permata Indonesia*, 13(1).  
<https://doi.org/https://doi.org/10.59737/jpi.v13i1.41>
- Basu, S., Lee, B. W., Clark, R. E., & Bera, S. (2022). Prenatal gentle Yoga. *Basic and Applied Ecology*, 64(2), 57–67.
- Buchari (2022). Metode Penelitian Kebidanan. Yayasan Pustaka Obor Indonesia.
- Bunda, R. (2024). Pengaruh Prenatal Yoga Terhadap Penurunan Nyeri Punggung Pada Ibu Hamil Trimester Ii Dan Iii. *Journal of Midwifery Tiara Bunda*, 1(1), 219–225. <https://doi.org/10.62619/jmtb.v1i1.155>
- Dewi, A R, Fraitasari, & A. (2024). Efektifitas Prenatal Gentle Yoga Dalam Mengurangi Keluhan Nyeri Punggung Bawah Pada Ibu Hamil. *Jurnal Ventilator*, 2(4). <https://doi.org/https://doi.org/10.59680/ventilator.v2i4.1567>
- Girsang, R. Y., et al. (2023). Efektivitas prenatal yoga terhadap nyeri punggung pada ibu hamil trimester III di PMB Rina dan PMB Ida Kota Depok. *Journal of Midwifery Tiara Bunda*, 1(2). <https://doi.org/10.62619/jmtb.v1i2.132>
- Imannura, & M. A. (2024). Effectiveness Of 3 Prenatal Yoga Poses To Reduce Back Pain In Pregnant Women TM III At BPM Midwife Susi Grogol Sukoharjo. *Journal for Quality in Public Health*, 8(1). <https://doi.org/https://doi.org/10.30994/jqph.v8i1.529>
- Kurniyati K, & M. B. D. (2020). Pelvic Tilt Exercise Against Lower Back Pain For Third Trimester Pregnant Women In Rejang Lebong Regency. *Journal of Midwifery*, 5(1). ). [jom.fk.unand.ac.id](http://jom.fk.unand.ac.id)
- Makmun, Harahap, Amini, Amilia, & A. (2023). Implications of Prenatal Gentle Yoga on Low Back Pain among Women in the Second and Third Trimesters of Pregnancy. *EMBRIO : Jurnal Kebidanan*, 14(2).  
<https://doi.org/https://doi.org/10.36456/embrio.v14i2.5710>
- Mustofa. (2023). Prenatal Gentle Yoga to Reduce Back Pain Intensity in Pregnant Women. *Faletahan Health Journal*, 10(3).  
<https://doi.org/https://doi.org/10.33746/fhj.v10i03.600>
- Octaviani K, Laliyo A, Yunus Y, & R. E. L. (2025). Effect of Prenatal Gentle Yoga on Low Back Pain Among Pregnant Women: A Quasi-Experimental Study. *An Idea Health Journal*, 5(3).  
<https://doi.org/https://doi.org/10.53690/ihj.v5i02.536>

- Purnamasari. (2024). Low Back Pain in The Third Trimester of Pregnancy. *Proceedings of International Health Conference, 1*(1).
- Rahayu. (2024). Prenatal Yoga to Relief Back Pain among Pregnant Women. *EMBRIO: Jurnal Kebidanan, 15*(1).  
<https://doi.org/https://doi.org/10.36456/embrio.v15i1.6416>
- Salari N, Mohammadi A, H. N. (2023). The global prevalence of low back pain in pregnancy: A comprehensive systematic review and meta-analysis. *BMC Pregnancy and Childbirth, 20*, 830.  
<https://doi.org/https://doi.org/10.1186/s12884-023-06151-x>
- Saptyani P, Suwondo A, & R. (2024). Utilization of Back Movement Technique to Intensity of Low Back Pain in Third Trimester Pregnant Women. *STRADA : Jurnal Ilmiah Kesehatan, 9*(2).  
<https://doi.org/https://doi.org/10.30994/sjik.v9i2.335>
- Sugiyono (2019). *Metode Penelitian Pendidikan : Pendekatan Kuantitatif*. Bandung. Alfabeta
- Sugiyono (2021). *Metode Penelitian Pendidikan : Pendekatan Kuantitatif. dan R&D* Bandung. Alfabeta
- Syariffudin (2022). *Keperawatan dan Kebidanan*. Iksara Banu, editor. Yogyakarta. Grafindo Litera Media.
- Trisiani, D., & Susilawati, L. (2025). Efektivitas Prenatal Yoga Terhadap Nyeri Punggung Pada Ibu Hamil Trimester Iii Di Klinik M Kabupaten Karawang Tahun 2024. *Jurnal Sosial Teknologi, 5*(8), 3316–3322.  
<https://doi.org/10.59188/jurnalsostech.v5i8.32375>
- Franisia, C. A. (2022). *Efektivitas prenatal yoga terhadap nyeri punggung pada ibu hamil trimester III di Klinik Depok Tahun 2022* (Diploma thesis). Universitas Nasional, Jakarta.
- Rosita, S. D., Purbanova, R., & Siswanto, D. (2022). Pengaruh prenatal yoga terhadap nyeri punggung pada ibu hamil trimester III. *Jurnal Pendidikan Tambusai, 6*(2), 11939–11945. <https://doi.org/10.31004/jptam.v6i2.4344>
- Sangadah, W. S., & Muflihah, I. S. (2024). Pengaruh prenatal gentle yoga terhadap penurunan skor nyeri punggung pada ibu hamil trimester III. *Journal of Health Educational Science and Technology, 7*(2).  
<https://doi.org/10.25139/htc.v7i2.9545>
- Simanjuntak, M. K. (2022). Efektivitas prenatal yoga terhadap nyeri punggung pada ibu hamil trimester III. *Journal of Advanced Nursing and Health Sciences*.
- Dewi, A. R., Frafitasari, D. Y., & Andini, D. M. (2024). Efektifitas prenatal gentle yoga dalam mengurangi keluhan nyeri punggung bawah pada ibu hamil. *Jurnal Ventilator, 2*(4), 199–209.  
<https://doi.org/10.59680/ventilator.v2i4.1567>
- Nainggolan, I. R., Lisviarose, & Nadia, F. (2025). Prenatal yoga terhadap nyeri

- punggung pada ibu hamil trimester III. *Journal of Telenursing (JOTING)*, 7(1), 366–373. <https://doi.org/10.31539/joting.v7i1.2094>
- Elina, Sugesti, R., & Yolandia, R. A. (2024). Efektifitas kelas prenatal yoga terhadap nyeri punggung pada ibu hamil trimester III. *Indonesia Journal of Midwifery Sciences*, 3(2), 415–421. <https://doi.org/10.53801/ijms.v3i2.157>
- Emilia, & Oktaviani, D. (2024). Pengaruh prenatal yoga terhadap nyeri punggung pada ibu hamil trimester III di PMB E Mustika Jaya Bekasi Timur Tahun 2023. *Jurnal Ilmiah Kesehatan BPI*, 8(2), 1–9. <https://doi.org/10.58813/stikesbpi.v8i2.219>
- Nopiyantini, N. M., Mahayati, N. M. D., & Budiani, N. N. (2025). Literature review: Efektivitas prenatal yoga terhadap penurunan nyeri punggung pada ibu hamil trimester III. *Maternity and Neonatal: Jurnal Kebidanan*, 13(2A). <https://doi.org/10.30606/jmn.v13i2A.3929>