

## ABSTRAK

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### ***Literature Review* Pengaruh Senam Yoga Terhadap Tingkat Kecemasan Ibu Hamil Dalam Menghadapi Persalinan**

**Latar belakang :** Latihan fisik terbukti dapat mengurangi kecemasan selama kehamilan. Latihan yoga adalah metode latihan fisik yang direkomendasikan karena murah, mudah dioperasikan, dan bermanfaat bagi kesehatan fisik dan mental sehingga ibu dapat menerima perubahan fisiologis selama masa kehamilan dan persalinan.

**Tujuan :** Tujuan penelitian ini adalah mengetahui pengaruh senam yoga terhadap tingkat kecemasan ibu hamil dalam menghadapi persalinan melalui *literature review*.

**Metode :** Penelitian ini menggunakan metode *literature review*. Adapun kuesioner yang dipergunakan didalam artikel menggunakan kuesioner *HARS (Hamilton Anxiety Rating Scale)*. Mengakses database menggunakan Google Scholar 5 artikel yang dipublish pada tahun 2011-2021. Instrumen telaah kritis yang digunakan yaitu dengan menggunakan *JBI critical appraisal checklist for quasi-experimental*.

**Hasil :** Hasil penelitian *literature review* dari 5 artikel menunjukkan bahwa senam yoga berpengaruh terhadap kecemasan pada ibu hamil dalam menghadapi persalinan dengan hasil  $p \text{ value} < 0,05$ .

**Simpulan :** Senam yoga merupakan salah satu latihan fisik yang dapat mengatasi kecemasan pada ibu hamil.

Kata Kunci : Kecemasan, Senam Yoga, Pengaruh, Persalinan

## ABSTRACT

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### **Literature Review : The Effect of Yoga Exercise on the Anxiety Level of Pregnant Women in Facing Childbirth**

**The Bacgrounds :** one of the ways to reduce anxiety during pregnancy is by doing yoga exercise. It is a recommended method of physical exercise because it is cheap, easy to operate, and beneficial for physical and mental health so that mothers can accept the physiological changes during pregnancy and childbirth.

**The Objectives :** this study aimed to examine the effect of the exercise on the anxiety level of pregnant women in facing their childbirth.

**The Methods :** to be known, it is a literature review. HARS (Hamilton Anxiety Rating Scale) was applied as the questionnaires in the articles. The process of collecting data was conducted by searching Google Scholar, it obtained 5 articles published during 2011-2021. Besides, JBI critical appraisal checklist for quasi-experimental was used as critically reviewed instruments.

**The Results :** Based on the reviewing literatures from 5 articles, it showed the yoga exercise has an effect on reducing anxiety level of pregnant women in facing childbirth, with the result of p value was  $<0,05$

**The Conclusions :** a yoga exercise is one of some physical exercises which be able to reduce anxiety of pregnant women.

**Keywords :** anxiety,yoga exercise, childbirth