Jurnal Aisyah: Jurnal Ilmu Kesehatan

Volume 8, Issue 3, 09 2023, p. 1671–1683
ISSN 2502-4825 (print), ISSN 2502-9495 (online)

PRENATAL YOGA'S EFFECTIVENESS IN RELIEVING THIRD-TRIMESTER PREGNANCY DISCOMFORT: A SCOPING REVIEW

Putri Rhadiyah [1,2], Silvia Widyani Heriyanti [3], Aisah Nurhayati [1], Nadhiati Awlia Nasution [1] Ayu Soraya [1], Ariana Herawati [1], Anisa Fitria [1], Qorinah Estiningtyas Sakilah Adnani[4],

[1]*Magister of Midwifery, Faculty of Medicine Universitas Padjadjaran, Bandung, Indonesia*
[2]*Midwifery Department, Poltekkes Kemenkes Pangkalpinang, Pangkalpinang, Indonesia*
[3]*Department of Midwifery, Universitas Galuh, Ciamis, Indonesia*
[4]*Department of Public Health, Faculty of Medicine Universitas Padjadjaran, Bandung, Indonesia*

Corresponding Email: p.rhadiyah@gmail.com

About the Author

1. 1st Author : Putri Rhadiyah, SST
   Affiliation : Magister of Midwifery Faculty of Medicine Universitas Padjadjaran Poltekkes Kemenkes Pangkalpinang
   Mailing address : Tanjung Bunga Cluster Lili, Pangkalpinang, Bangka Belitung
   Email of author : p.rhadiyah@gmail.com
   Orcid ID : 0000-0002-8157-9709
   Google Scholar URL : https://scholar.google.com/citations?user=Ds4QbJ4AAAAJ&hl=id&oi=ao
   Phone number : 085274835843

2. 2nd Author : Silvia Widyani Heriyanti,S.Tr.Keb
   Affiliation : Magister of Midwifery Faculty of Medicine Universitas Padjadjaran Universitas Galuh, Ciamis
   Mailing address : Jl. Makam Pahlawan Imbanagara perum Green Garden Estate, Ciamis, Jawa Barat
   Email of author : swidyani@gmail.com
   Orcid ID : 0000-0001-5317-3157
   Google Scholar URL : https://scholar.google.com/citations?user=FbcZQGsAAAAJ&hl=en
   Phone number : 085223333259

3. 3rd Author : Aisah Nurhayati, SST
   Affiliation : Magister of Midwifery, Faculty of Medicine, Universitas Padjadjaran
   Mailing address : Jl. Swadaya 1, Jakarta Pusat
   Email of author : nurhayatiaisah@gmail.com
   Orcid ID : 0000-0001-7847-2815
   Google Scholar URL : https://scholar.google.com/citations?user=_Gg3CoUAAAAJ&hl=id
   Phone number : 081381577086

4. 4th Author : Nadhiati Awlia Nasution, S.Keb.,Bd
   Affiliation : Magister of Midwifery, Faculty of Medicine, Universitas Padjadjaran.
   Mailing address : Kampung Jawo Jorong II Pasar Rao, Rao, Pasaman, Sumatera Barat
   Email of author : nadhiatyawlia@gmail.com
   Orcid ID : https://orcid.org/0000-0003-0161-5640
   Google Scholar URL : https://scholar.google.com/citations?view_op=list_works&hl=id&user=JlpvI_MAAAAJ

Phone number : 081266294724

5. 5th Author : Ariana Herawati S.Tr.Keb
   Affiliation : Magister of Midwifery, Faculty of Medicine, Universitas Padjadjaran
   Mailing address : Mega Mutiara Regency Blok B134, Bungursari, Kota Tasikmalaya, Jawa Barat
   Email of author : heraarianaok@gmail.com
   Orcid ID : 0000-0002-9627-7578
   Google Scholar URL : https://scholar.google.co.id/citations?user=NBxs1f0AAAAJ&hl=en
   Phone number : 082126028197

6. 6th Author : Ayu Soraya S.Tr.Keb
   Affiliation : Magister of Midwifery, Faculty of Medicine, Universitas Padjadjaran
   Mailing address : Jl. Mancagar no.24 Panglayungan, Cipedes, Kota Tasikmalaya, Jawa Barat.
   Email of author : ayusoraya3101@gmail.com
   Orcid ID : 0000-0001-9356-7417
   Google Scholar URL : https://scholar.google.co.id/citations?user=ot6JQIsAAAAJ&hl=id&authuser=1
   Phone number : 089662229399

7. 7th Author : Anisa Fitria S.Tr.Keb
   Affiliation : Magister of Midwifery, Faculty of Medicine, Universitas Padjadjaran
   Mailing address : Mekarsari, Mangkubumi, Kota Tasikmalaya, Jawa Barat
   Email of author : fitriaanisa362@gmail.com
   Orcid ID : 0000-0002-6219-5339
   Google Scholar URL :
   https://scholar.google.com/citations?view_op=list_works&hl=id&user=wIWrPC8AAAAJ
   Phone number : 087874775699

8. 8th Author : Qorinah Estiningtyas Sakilah Adnani, SST, M. Keb, Ph.D
   Affiliation :Departemen Ilmu Kesehatan Masyarakat, Fakultas Kedokteran, Universitas Padjajaran, Bandung, Indonesia
   Mailing address : Jl Eyckman no 38 Bandung
   Email of author : qorinah.adnani@unpad.ac.id
   Orcid ID : 0000-0002-4625-4861
   Google Scholar URL : https://scholar.google.com/citations?user=O3xcvicAAAAJ&hl=en&oi=ao
   Phone number : 0821-1227-1804

ABSTRACT

Some pregnant women may experience discomfort in the third trimester due to physiological reasons. Urination, pain in the pit of the stomach, weariness, and pain in the back and waist area are common complaints. A pregnant woman's psychology changed from anxiety and stress to a condition-conceived baby till she was terrified to confront labour. Inconvenience during pregnancy, if not well managed, can cause psychological distress in the mother. Prenatal yoga can help pregnant women who are nervous about their pregnancy overcome their pain.

The goal of this review's scoping is to examine the usefulness of deep prenatal yoga in overcoming changes in physiological causes of discomfort in the third trimester of pregnancy. In the article, there is a scoping review. The PRISMA approach is used to identify published articles over the last five years (2019-2023) via ProQuest, SAGE Journal, Science Direct, and Cochrane and produce eight suitable journals.

According to the findings, practising yoga during pregnancy can help moms overcome a variety of disruptions or inconveniences that can occur during the third trimester of their pregnancy. Prenatal yoga is a non-pharmacological

therapy that can be administered to a pregnant mother in her third trimester to improve sleep quality, reduce anxiety, relieve back pain, and facilitate the process of labour stage II.

Keywords: midwifery; prenatal yoga; inconvenience; pregnancy

ABSTRAK

Ketidaknyamanan dalam kehamilan trimester III merupakan hal fisiologis yang dapat dialami oleh sebagaian besar ibu hamil. Keluhan berupa seringnya buang ai kecil, nyeri pada ulu hati, sering lelah dan nyeri pada area punggung dan pinggang. Ibu dapat mengalami perubahan pada psikologi berupa kecemasan, kekhawatiran terhadap kondisi bayi yang dikandung hingga ketakutan menghadapi persalinan. Ketidaknyamanan dalam kehamilan apabila tidak dilakukan manajemen yang tepat maka dapat menimbulkan gangguan psikologis ibu. Prenatal yoga dapat menjadi solusi untuk membatu ibu hamil dalam mengatasi ketidaknyamaan yang dialami. Tujuan dari *scoping review* ini untuk menganalisis keefektifan prenatal yoga dalam mengatasi perubahan fisiologis yang menimbulkan ketidaknyamanan pada kehamilan trimester III. *Scoping review* dalam artikel ini mempergunakan metode PRISMA, dalam melakukan identifikasi artikel yang terbit selama jangka waktu 5 tahun terakhir (2019-2023) melalui *ProQuest, SAGE Journal, Science Direct, and Cochrane* dan menghasilkan 8 jurnal yang relevan. Hasil menunjukkan bahwa melakukan yoga dalam masa kehamilan bermanfaat dalam mengatasi beberapa gangguan atau ketidaknyamanan yang dapat terjadi pada ibu dalam masa kehamilan pada trimester III. Prenatal yoga merupakan suatu terapi non farmakologis yang dapat diberikan pada ibu hamil pada trimester III untuk meningkatkan kualitas tidur, menurunkan kecemasan, mengurangi nyeri punggung, serta dapat memperlancar proses persalinan kala II.

Kata kunci: bidan, yoga ibu hamil, ketidaknyamanan, kehamilan

INTRODUCTION

The process of becoming pregnant is normal. Changes may occur in the mother's body or mind as the pregnancy progresses. These changes may be physical or mental (Sumi et al., 2023). The transition period that pregnant women go through is brought on by uncomfortable hormonal shifts that occur during the course of the pregnancy. As a woman's age increases and her likelihood of becoming pregnant does as well, she will begin to encounter changes in her body's physiology. Inconvenience during pregnancy, if not managed correctly, might generate disruption in the psychological state of the mother if it is not effectively managed. During the third trimester of pregnancy, it is common for the mother to have problems such as frequent urination, pain in the upper right quadrant of the stomach, frequent feelings of weariness, and soreness in the back and waist area. In addition to the changes that occur in her body, a woman may also go through shifts in her mental state, such as fluctuating fear and concern, which can condition the unborn child until the moment of delivery (Irianti, 2014). The discomfort is psychological, such as excessive anxiety, and it can be caused by stress during pregnancy, which can manifest itself as pain in the abdomen and back of the mother. The effect of this will be discomfort and tension in the muscles, which will add to the stress that already exists. Because of the increased pressure that stress causes to be put on the flow of blood through the artery, the flow of blood to the fetus can be disturbed, which in turn can reduce the fetus's overall health and well-being (Aprillia, 2017). A fetus's deteriorating health can bring on labor and delivery too soon. Women who are pregnant and have a psychological disorder that has not been handled may bring about situations that are pathological and lead to morbidity and mortality.

One attempt that can be made to prevent the mortality and morbidity of pregnant women caused by psychological disorders is to conduct light physical activities for pregnant women such as yoga. Prenatal yoga can aid with the process of pregnancy and birth, making it easier to care for the baby later on. Prenatal yoga can be achieved by enrolling in prenatal yoga sessions at posyandu or health clinics. Prenatal yoga is an excellent method for increasing third-trimester pregnant women's sleep quality. The goal of this journal is to present a systematic evaluation of studies on the efficacy of prenatal yoga in pregnancy, particularly in the third trimester One attempt that can be made to prevent

the mortality and morbidity of pregnant women caused by psychological disorders is to conduct light physical activities for pregnant women such as yoga. Prenatal yoga can aid with the process of pregnancy and birth, making it easier to care for the baby later on. Prenatal yoga can be achieved by enrolling in prenatal yoga sessions at posyandu or health clinics. Prenatal yoga is an excellent method for increasing third-trimester pregnant women's sleep quality. The goal of this journal is to present a systematic evaluation of studies on the efficacy of prenatal yoga in pregnancy, particularly in the third trimester

METHOD

This paper was written following the targeted PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis) approach based on a systematic review. Prenatal yoga's usefulness in the third trimester of pregnancy. In the search process, include the following criteria: yoga/prenatal yoga, third trimester. Focus search with systematic review of important publications based on electronic data. ProQuest, SAGE Journal, Science Direct, and Cochrane electronic databases (as of May 2023). Using the keywords "Yoga" OR "Prenatal Yoga" AND "Trimester III Pregnancy" OR "Third Trimester ", conduct a search.

The analysis includes original papers published in English and Indonesian over the last five years (2019-2023). The results of the web search employed electronic data and yielded 588 articles. All retrieved articles were then thoroughly examined, resulting in eight articles to be used as the basis for paper analysis. Figure 1 (PRISMA chart) depicts the article's selection process.

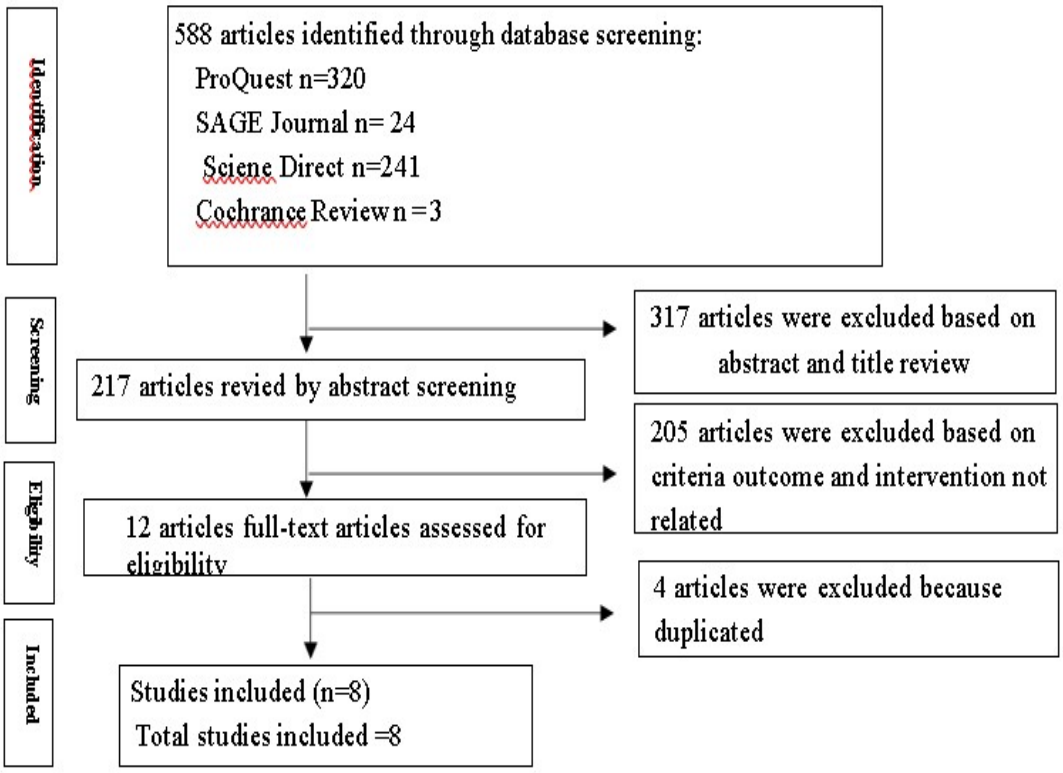

Figure 1: PRISMA Diagram

The characteristics of article the explained in Table 1 below:

Table 1. Characteristics of the Articles Researched

No	Reference	Origin Journal	Design study	Objective Study	Sample	Variables and Instruments	Results	Conclusion
1.	Hajratul , Azward. et al. 2021	*Gaceta Sanitaria* / Volume 35, Pages S258 - S262/ January 2021	Quasi experiment	To determine the effect of prenatal yoga activity on quality sleep in a third trimester pregnant mother	60 third-trimester expectant mothers Criteria addition ● • Single pregnancy, • 28 weeks gestation, • Willingnes s to practice yoga four times in two weeks, • Flower infant growth in accordance with gestational age.	Variable Independent: PrenatalYoga Variable dependent: Quality Sleep Mother third trimester pregnant group: Mother pregnant with routine prenatal check-ups like normal, group intervention: Mother as many pregnant women as doing prenatal yoga four times in two weeks. Pretest and posttest done once each . Measurement of quality Sleep using PSQI (Pittsburgh Sleep Quality Index and instrument questionnaire about the characteristics of the respondent	a. Univariate • Two groups dominant aged between 20 and 35 years. • Last education, control, and intervention groups tend educated low. • Group control dominant multipara, group intervention primiparous dominant. • Second group part big as Mother House stairs. • Second group Not yet Once get information about prenatal yoga. b. Bivariate • No there is a difference quality of Sleep Mothers pregnant third-trimester pre and post-test ($p > 0.05$) in the group control. • There is a difference quality of Sleep Mothers pregnant in the third trimester pre and post-test follow yoga practice four times in 2 weeks (60–90 minutes per session exercise). ($p<0.05$) increase quality Sleep	There is a difference in quality significant sleep after a mother's third trimester of pregnancy doing yoga exercises.
2.	Kiki Reski. et al, 2021	*Gaceta Sanitaria* / Volume 35, Supplem ent 2,2021,	Quasi experiment	The objective analyze the effectivenes s of prenatal yoga against depression and levels of the hormone serotonin in the mother pregnant	24 mothers pregnant With criteria inclusion: ● Age <20 and > 35. ● Age 20 weeks of pregnancy. ● No There are complicati ons in pregnancy	Variable Independent: Prenatal yoga Variable dependent: level of depression The instrument used is Beck Depression Inventory (BDI) questionnaire	The average rating for group intervention was 6.50 on the pre-test to mid-test and 6.50 on the mid-test to the post-test. Temporarily that is, the group mean value control is 5.61 in the pretest to mid-test and 4.50 in the mid-test to post-test. this shows that group intervention experience decline level depression in a manner significant based on BD-II	There are different BDI-II (Beck Depression Inventory-II) scores between group interventions and group control after getting gentle yoga prenatal treatment

							(Beck Depression Inventory-II) score when compared to group control. Furthermore refers to differences in post-test data between a group that does interventions and groups control obtained a p-value of 0.005 (<0.05).	
3.	Kusila Devua Rahayu, et al. 2023	The Journal of Palembang Nursing Studies/Volume 2(1). 50-59. 2023	Pure experiment	To know the effect of yoga pregnancy exercise on decline worried Mother third trimester pregnant	30 respondent • 15 respondents group control. • 15 respondents group intervention Criteria inclusion: • Respondents No pregnant with risk high. • Age pregnancy in the third trimester. • Physically healthy. • No own disease defaults • Respondents experience worry currently or heavy	Independent variables: Prenatal yoga Dependent variable: Worry Mother pregnant TM III Group control : pregnant women without treatment or intervention. Group intervention: pregnant women with yoga practice twice per week, deep period time three Sundays consistently. Instruments: • Instrument 1 the pranayam prenatal yoga protocol. • Instrument 2 PASS questionnaire (The Perinatal Anxiety Screening Scale).	In group intervention, pre-test results before given intervention show 100% of respondents experience worry weight, and post-test results after given intervention shows 80% of respondents experience worry medium. In groups control pretest results without intervention 93% of respondents experience worry weight, and on the yield posttest without 100% intervention, anxiety heavy experienced by respondents. this data show exists part of the big group intervention experience a changed level of worry from worry heavy becoming current after getting yoga exercise intervention in group control is known that without all yoga interventions respondent experience worry heavy until the end of the third trimester. The Shapiro-Wilk test showed p<0.001 (test for normality in the group interventions and group control).	this means yoga pregnant exercise has an effect of significant decline worry Mothers in the third trimester of pregnancy.
4.	Andi Sulastri, et al. 2021	*Gaceta Sanitaria* /Volume 35(S2): S245-S247. 2021	Quasi experiment	For analysis effectiveness of gentle prenatal yoga against problem worry on mom primigravid	24 respondents • 12 groups intervention. • 12 in the group control. Criteria inclusion:	variables: Prenatal yoga dependent variable: anxious Mother primigravida and multigravida pregnancies Instruments:	Primigravida and multigravida pregnant women group intervention show mean pre-test rank is 23.75 which means be on level worry light. When the mid-test shows a value of 20.00, meaning they Still	Prenatal gentle yoga therapy is effective lower levels of anxiety for the mother primigravid and multigravid pregnant women indicated by results of the HARS score where the mother

				and multigravid pregnant women	Mother pregnant on • pregnancy First until fifth, • are in the II-III trimester (age gestation ≥ 20–31 weeks) • No experience of complications in pregnancy.	questionnaire from HARS (*Hamilton Anxiety Rating Scale*)	are on level worry light. Next is the post-test shows a value of 16.00 means they are deep to scale worry light. In group control, the mean pre-test rank was 23.50, which is on level worry medium. The mid-test value is 21.58, meaning they are on level worry light. Next is the post-test obtained value of 20.41 which means be on level worry medium. Mann Whitney test results in the pre-test and post-test groups intervention and control, comparison HARS score between Mother primigravida and multigravida pregnant women p-value 0.001.	pregnant experiences declined level of worry from before given treatment and after given treatment.
5	Miftakhul Mu'alimah , 2021	Journal Midwifery , 10(1), 12-16. https://doi.org/10.35890/jkdh.v10i1.183	Pre-experimental	To know the influence of prenatal yoga on painful mother's back third trimester pregnant	16 mothers third trimester pregnant with complaints of a painful back.	Variable independent: prenatal yoga. Variable dependent: painful back in the third trimester.	The average value of the scale of pain obtained back before the given treatment is 4.69, the value in the middle is 5.00, the scale of the painful frequent back appearance is 5, and the default deviation is 1.138. The scale of the average painful back after giving treatment is 2.50, the value in the middle is 3.00, the scale of the painful frequent back appearance is 3, and the default deviation is 1.155. Wilcoxon test gets p-value results 0.000 <α (0.05). This means that prenatal yoga influences on the painful mother's back third trimester of pregnancy.	In the study, this obtained that there is a difference in effectiveness between pregnancy exercise to intensity of painful back, and got stated that there is significant effectiveness after giving prenatal yoga, which method This useful on the decline complaint Sick back in mom in pregnancy in the third trimester.
6	NR Yuliani and S. Andarwulan , 2022.	*International Journal of Clinical Inventions and Medical Sciences*, vol. 4, no. 2, pp. 56-60, Aug. 2022.	Quasi experiment	To know the Effects of prenatal yoga on the second stage of labour	Sample 30 mothers pregnant with the division of two groups is • 15 mothers pregnant women who participate in prenatal yoga and	Variable independent: prenatal yoga. Variable dependent: the second stage of labour	The average duration of labour in the second stage for mothers who do yoga is 21.66 minutes. The average duration of labour during the second stage in mothers who don't do yoga is 42.76 minutes. the data state that prenatal yoga affects	Prenatal yoga influences the second stage of labour. Pregnant women who did prenatal yoga before giving birth will be more Ready to face childbirth, concentrate their minds and give calm inner.

					• 15 mothers pregnant who do not do prenatal yoga		on time in the second stage of labour with a p-value = 0.000.	
7	Selma C Holden, MD, MPH 1, Brad Manor, PhD2, Junhong Zhou, PhD2, Chloe Zera, MD3, Roger B Davis, ScD3, and Gloria Y Yeh, MD, MPH (2019)	*Global Advances in Health and Medicine Volumes 8: 1–11 ! The Author(s) 2019 Article reuse guidelines: sagepub. com/journals-permissions DOI: 10.1177/ 2164956 1198709 84 journals. sagepub. com/home/gam*	RCTs	The goal is to evaluate trial eligibility controlled randomized (RCT) to prenatal yoga painful back (LBP) gestational age, mobility, and well-being mother	In trials, women aged 18 to 39 years with pregnancy without complications at 12 to 26 weeks of age scrambled, grouped based on the presence of LBP, to attend weekly yoga classes or group supporters customized education _ time for 12 weeks. Size sample based on anticipation 2 eye registration lessons per month. The main results are size eligibility and acceptance. Secondary outcomes include LBP disability, burden symptom pregnancy, childbirth self-efficacy, style instrumented walking, balance, and falls at baseline, every 4 weeks, and 6 weeks post labour.	Variable independent: prenatal yoga. Variable dependent: painful back (LBP) gestational age, mobility, and well-being mother.	From April 2015 to December 2015, 168 women were contacted and 115 (68%) complied terms. twenty _ woman enrolled (N ¼ 11 yoga; N ¼ 9 control ; age average gestation of 20.2 weeks). Retention at 12 weeks is 81% in yoga and 77% in control. No There is an effect side related to yoga. Analysis exploration shows no there is a difference in disability painful back between the group. Effect significant group found on assessment biomechanics, incl percentage change in speed gait (F ¼ 4.4, P ¼ 0.04), time support double (F ¼ 23.6, P < .01), timed-up and-go instruments (F ¼ 8.6, P < .01), and time turn (F ¼ 5.7, P ¼.02) shows relevant fixes _ in a manner clinical with yoga. Inventory Score Symptom Pregnancy (PSI) increased (13.1 point difference, 95% confidence interval, 5.1–21.1) at 12 weeks in yoga compared with control, adjustable with age pregnancy early.	Doing prenatal yoga RCTs to improve gestational LBP and well-being Mother is decent and safe. Temporary No There is a difference in painful observed back, action biomechanics is evaluation sensitive for evaluating disturbance mobility related to gestational LBP and shows a different group. Besides it, PSI shows a difference significant in burden symptoms for 12 weeks, supporting the claim sustainable that yoga improves well-being in women pregnant as a manner whole.
8	Rachel Kwon*, Kelly Kasper, Sue London, David M. Haas (2020)	*Contents lists available at ScienceDirect European Journal of Obstetrics & Gynecology and Reproductive Biology*	Systematic Review	Overview systematic done For update and deliver description comprehensive public _ about effect psychology of antenatal yoga in pregnancy compared to standard prenatal care.	Four databases were searched using the keywords " yoga", " pregnancy ", " perinatal care ", " prenatal care ", " care postnatal", "postpartum period", "peripartum period", "results" patient assessment"," assessment result",	Variable independent: prenatal yoga. Variable dependent: pregnant woman With review literature and RCTs.	Of the 175 non-duplication studies, 16 complied criteria for review text completion. Five RCTs complied with inclusion criteria and entered a review systematic.	RCT findings suggest possible antenatal yoga is safe and can in a manner effectively lower levels of stress, score anxiety, score depression, and response painful as well as increase immunity to the mother and wellbeing emotional.

					"result pregnancy", " results treatment ". Exam Formerly considered If they test _ controlled in a manner published randomized RCTs from 2011 to 2018 and evaluated antenatal yoga intervention. All studies were rated for risk of using biased Cochrane criteria. Trial characteristics and results are extracted and synthesized in a manner descriptive If allows. Due to heterogeneity, meta-analysis is not maybe.			

RESULTS AND DISCUSSION

It has been discovered that there are a total of 588 articles based on the keywords that have been determined. After conducting additional research, it has been determined that just 8 papers need to be analyzed and included in this literature review. The eight set of papers that were analyzed were published articles that were found in the online databases of ProQuest, SAGE Journal, Science Direct, and Cochrane. These databases contained articles that were published from 2019 to 2023. In 2021, four papers were published, while in each of the following years (2019, 2020, 2022, and 2023), one piece was published. The articles that were examined include a quasi-experimental study, a pre-experimental study, a pure experimental study, a randomized controlled trial, and a systematic review. There are four publications published in 2021 that use the quasi-experimental methodology: one article with a design based on pure experimentation, one article utilizing pre-experimental methodology, one article with an RCT design, and one article with a design based on a systematic review.

The features that were included in the publications that were analyzed are illustrated in Table 1. The table will explain the design, purpose, sample, variable, and instrument, in addition to the results and conclusions drawn from the research that was carried out. The purpose of this essay is to investigate whether or not deep prenatal yoga is a useful method for minimizing the discomforts associated with the third trimester of pregnancy. The findings of the analyses performed on the articles in Table 1 indicate that there is a considerable influence on a mother's practice of yoga while pregnant in terms of overcoming various discomforts. The movements of traditional yoga have been adapted to the changing needs of expectant mothers in the practice of prenatal yoga. Yoga is a form of exercise that combines non-pharmacological therapy with the use of breath, movement, and mind for the purposes of meditation and relaxation. This is especially beneficial during the mother's second and third trimesters of pregnancy (Wagiyo & Putrono, 2016). An analysis of published research can

serve as a reference for the effectiveness of prenatal yoga on a mother during the third trimester of her pregnancy, as follows:

1. An improvement in the quality and experience of sleep
   During the mother's third trimester of pregnancy, she will experience an increase in the rate of both progesterone and prolactin, as well as a distension in her biological urine. This causes the mother to frequently wake up in the middle of the night, to have trouble falling asleep, and to sleep restlessly toward the conclusion of her pregnancy. In addition to this, pain also causes poor sleep quality. Some of the benefits of prenatal yoga include a reduction in discomfort as well as improved patterns of breathing, blood pressure, and quality of sleep. Movement that is done in the form of relaxation during yoga allows the muscle wall of the stomach to become more elastic during the growth of the uterus, and it promotes overall physical balance. Because of the fixed position and increased blood circulation, the expectant mother will feel more comfortable throughout the duration of her pregnancy. As a result, this exercise is very important for pregnant moms, particularly women who are in their third trimester of pregnancy. This exercise also has the potential to improve the quality of sleep experienced by pregnant mothers (Azward et al., 2021).
2. Eliminate the possibility of moms being depressed while they are pregnant.
   During pregnancy, a woman may experience an increased risk of developing the mental health condition known as depression. The prenatal period is a period that can produce change psychologically, socially, and biologically in a manner significant enough to result in psychological disturbance in a pregnant mother. This change can have important implications for the developing baby. A lower score on the BDI-II (Beck Depression Inventory-II) is associated with prenatal yoga practice. In yoga, movement refers to both the physical act of moving the body and the mental act of exercising the mind, which together create a more relaxed state of mind (Bakri et al., 2021). One of the concepts of prenatal yoga is to promote compassion, empower, and focused on health during the mother's pregnancy. Because of this, prenatal yoga is the perfect technique for preventing a woman from becoming depressed while she is pregnant.
3. Reduced levels of anxiety
   Women are highly susceptible to psychological disorders such as anxiety during pregnancy. Pregnancy anxiety is a negative emotional state involving anxiety about the health and condition of the fetus, the process of childbirth, and the problem of readiness to become a mother, which is frequently associated with adverse effects on the mother and fetus, which in turn affect the growth and development of the child. Worry during pregnancy is a negative emotion involving concern for the health and conditions of the fetus, the birth process that will be endured, and issues with preparation to become a future mother that will have an effect on the health of the mother and fetus (Sulastri et al., 2021). Prenatal yoga is a nonpharmaceutical intervention that can be used to alleviate a mother's anxiety during pregnancy (Corrigan et al., 2022). Prenatal yoga incorporates physical movement and breathing settings. Prenatal yoga will strengthen the body The expectant mother gains strength and better breathing control (Yekefallah et al., 2021). Doing yoga practice in pregnancy a woman will increase peace and harmony in his life. Yoga practice during pregnancy will increase a woman's life's serenity and harmony. Respondents who received moderate yoga prenatal treatment as many as eight times, combined with physical and mental exercise, spiritual practice, breathing practice, and positive affirmation exercise, experienced a reduction in their HARS score or level of anxiety (Devia Rahayu et al., 2023).

   Spiritual approaches, meditation, and behavioral techniques are appropriate and safe solutions for pregnant women to surmount this issue (Dunkel Schetter, 2011). The Hamilton Anxiety Rating Scale (HARS) consists of 14 questions and assigns a value of 0, 1, 2, 3, or 4 to each item for measuring anxiety in expectant women. A value of 0 indicates that the symptoms are not visible, whereas a value of 4 indicates that the symptoms are experienced frequently and are

extremely distressing. The cumulative score will determine the severity of anxiety: mild (14-20), moderate (21-27), severe (28-41) and very severe (42-56). Anxiety is an emotional response to subjective individual beliefs that are influenced by the subconscious, but whose causes are known explicitly. Pregnant women with anxiety require safe and comfortable therapies, such as yoga, as evidenced by a reduction in HARS scores or anxiety levels following eight sessions of gentle yoga prenatal treatment that included physical exercise, mental practice, spiritual practice, breathing exercises, and positive affirmation exercises (Sulastri et al., 2021).

4. Relieves back pain
   Back discomfort is one symptom or complaint that a pregnant woman may experience, particularly in the third trimester. Back pain below this level will increase in proportion to the greater magnitude of gestational age (Mu'alimah, 2021). The problem of a painful back during the third trimester of pregnancy can be alleviated through prenatal yoga or other forms of exercise during pregnancy, such as yoga or normal exercise. This prenatal yoga can be utilized during the second and third trimesters of a mother's pregnancy. A gentle and calming yoga practice can help a pregnant woman to unwind her muscles, body, and mind. There is a significant effect of prenatal yoga on the reduction of back pain in mothers in their third trimester of pregnancy, as assessed by a reduction in back pain measured before and after the third trimester of pregnancy. There exists a descending scale. the It can be stated that prenatal yoga influences the subtraction scale of perceived back pain in third-trimester expectant women (Mualimah, 2021)

5. Prepare for labour.
   Pregnancy is a physiological process, but an expectant woman may experience some physical discomforts during her pregnancy. The discomfort endured by expectant women can result in a pathological condition. Specifically, a primigravida mother will frequently experience anxiety and concern regarding her pregnancy. One form of drug-free governance is resolving no-taste issues as comfortably as possible for the expectant mother, particularly from the end of the third trimester until the onset of labor (Andarwulan & Hubaedah, 2021). One of them performed yoga, a light-weight activity sport. Labor is the journey you want an experienced mother to take when her pregnancy comes to an end. A mother will experience anxiety during labor; however, childbirth also occurred without incident and in a safe and comfortable manner. Prenatal yoga is viewed as an alternative to non-pharmaceutical methods for assisting mothers in preparing for a healthy delivery. There is a significant influence on the mother in the third trimester of pregnancy who practices prenatal yoga during childbirth, as mothers who practiced prenatal yoga before giving birth appeared more prepared for childbirth, with a calmer inner heart (Yuliani & Andarwulan, 2022).

6. Increase the safety of gestational LBP in the mother's mobility and well-being.
   Low back pain (LBP) during pregnancy is likely caused by physiological changes, such as maternal weight gain, spinal lordosis, decreased abdominal muscle strength, altered center of mass, and relaxation-mediated joint laxity. This increases shear forces in the low back and hip joints, thereby increasing the risk of low back pain and accidents during pregnancy. Physical activity is a promising intervention for preventing falls and pregnancy-related LBP, and it may be associated with additional benefits, such as increased self-confidence and self-efficacy. Yoga is a new multimodal intervention that incorporates physical exercises such as stretching, core strengthening, and balance exercises with the development of self-awareness, acceptance, and compassion. International studies have demonstrated the positive effects of prenatal yoga on LBP, stress, quality of life, melancholy, anxiety, labor pain, and labor duration. This pilot randomized controlled trial of prenatal yoga for pregnancy-related LBP and maternal well-being is feasible, safe, and acceptable. This achievement designed, implemented, and evaluated a mild, individualized prenatal yoga program aimed at promoting back health during pregnancy.

The majority of participants found the yoga program useful or very useful and would recommend it to pregnant companions (Holden et al., 2019).

7. The general psychological effect of prenatal yoga
   During pregnancy, a woman's physical and mental state undergo profound transformations. It has been shown that elevated cortisol levels are associated with anxiety and depression during pregnancy, which can contribute to adverse pregnancy outcomes and fetal development changes. Therefore, prenatal yoga may be beneficial for pregnant women. This systematic review's primary objective is to provide an exhaustive and up-to-date overview of the effects of yoga on pregnancy in comparison to standard prenatal care. Yoga can enhance outcomes for pregnant women in their second and third trimesters by reducing stress, depressive symptoms, and some adverse birth outcomes, according to recent clinical trials. Additionally, this benefit can be transmitted physiologically through variations in cortisol levels in the saliva. No adverse effects were reported in any of the studies, indicating that yoga is safe during pregnancy when performed with the appropriate instructions and modifications. Yoga during pregnancy appears to be safe and may enhance certain psychological and pregnancy outcomes (Kwon et al., 2020).

LIMITATION OF THE STUDY

The research methods and study designs used in each study are unique. This can make it difficult to compare the results of one study with those of another due to changes in the populations that were studied, the prenatal yoga treatments that were utilized, the size of the observations, and the length of the observations. It is possible that the most recent information on prenatal yoga has not been included in the analysis if the literature review was carried out before to a specific date. This is because of the possibility that the most recent material was not available. After the literature study was finished, there is a possibility that new research or more recent findings were made. The research methods and study designs used in each study are unique. This can make it difficult to compare the results of one study with those of another due to changes in the populations that were studied, the prenatal yoga treatments that were utilized, the size of the observations, and the length of the observations. It is possible that the most recent information on prenatal yoga has not been included in the analysis if the literature review was carried out before to a specific date. This is because of the possibility that the most recent material was not available. After the review was finished, there is a possibility that new research or more recent findings were made.

CONCLUSION AND SUGGESTION

Prenatal yoga was shown to be beneficial in overcoming the inconveniences of pregnancy and delivering various benefits, both psychological and physical, to moms who were pregnant, according to the findings of an investigation that included the examination of eight publications drawn from a variety of reputable databases and journals. For expectant mothers, practicing prenatal yoga can help ease discomfort and develop healthier habits of breathing, blood pressure, and sleep quality. It is very important to keep in mind that many expectant moms, particularly their third trimester of pregnancy, struggle to get a good night's sleep. Studies have shown that prenatal yoga can have a role in the reduction of depression scores in expectant mothers, which can help avoid the occurrence of depression during pregnancy. The practice of prenatal yoga can minimize the amount of anxiety that is experienced by the mother who is pregnant, particularly in the third trimester, when women frequently suffer worry about the health of the fetus and the labor process.
In the third trimester of pregnancy, a mother-to-be may feel more frequent and excruciating back pain; prenatal yoga can help alleviate this discomfort, giving the mother-to-be greater comfort during her pregnancy. Additionally, prenatal yoga can assist the mother-to-be in becoming more psychologically and physically prepared for giving birth. In addition to improving the overall health

of expecting mothers, prenatal yoga can also alleviate the discomforts associated with pregnancy-related backache and lower abdominal discomfort. Women who are pregnant and in their second or third trimesters have been shown to benefit from practicing prenatal yoga by having reduced stress levels, fewer symptoms of depression, and fewer adverse delivery outcomes.

ETHICAL CONSIDERATIONS

Funding Statement
The authors did not receive support from any organization for the submitted work.

Conflict of Interest Statement
There is no conflict of interest in connection with the preparation of this article

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