

Pregnancy Gymnastic Yophytta  
Reduce the Anxielty level Toward  
the Childbrith Moment on  
Primigravida moders at the  
mother and Cheldren Hospital  
Kendangsari Surabaya

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**PREGNANCY GYMNASTIC YOPHYTTA REDUCE THE ANXIETY LEVEL TOWARD THE CHILDBIRTH MOMENT ON PRIMIGRAVIDA MOTHERS AT THE MOTHER AND CHILDREN HOSPITAL KENDANGSARI - SURABAYA**

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**ABSTRACT**

**Background.** Pregnancy is a transition moment which significantly causes physical and psychological changes. Therefore it often makes the pregnant mothers feel tense, worried and scared in facing the childbirth moment. The pregnant mothers will be imagined and haunted by anxiety and fear of something which may happens to her or her baby.

**Objective.** To analyze the influence of pregnancy gymnastic Yophytta on the anxiety level toward the childbirth moment of Primigravida mothers at the Mother and Children Hospital Kendangsari - Surabaya.

**Methods.** This study used pre-experimental research design with pre-post test design. The population of this study was, all pregnant mothers at the Mother and Children Hospital Kendangsari, No.38 - Surabaya with the pregnancy age of 28-34 weeks, 12 respondents. The sample number was 12 respondents.

**Results.** Most of the respondents experience mild anxiety before got pregnancy gymnastic. However, after getting the pregnancy gymnastic, most of the respondents did not experience any anxiety. The statistical test result showed that  $p < \alpha$ , therefore there was some influence of the pregnancy gymnastic Yophytta on the anxiety level toward the childbirth moment.

**Conclusions.** The pregnancy gymnastic Yophytta was effective to solve the anxiety level toward the childbirth moment. For the pregnant mothers, especially those who are in the three-semester 3<sup>rd</sup>, it is hoped that they do the pregnancy gymnastic regularly so that the mothers' condition was cared of and they become relax.

**Keywords:** Pregnancy gymnastic Yophytta, anxiety level, primigravida mothers

**INTRODUCTION**

Pregnancy is a time of significant transition that causes physical and psychological changes, so that the necessary mechanism of adaptation (Consonni, 2010). Pregnant women will feel tense, worried and fearful in the face of labor (Zanden, 2007). Pregnant women will be overshadowed and haunted by anxiety and fear of things that may arise on both her and her baby. Questions and shadows whether it can deliver vaginally, how to push, whether something will happen during childbirth, or whether the baby is born saved, will often arise in the minds of pregnant women (Muhimah and Safe'i, 2010). The existence of physiological changes that cause instability psychological condition during pregnancy raises concerns that continuing in the face of childbirth for pregnant women first. Such feelings will manifest in the form of anxiety (Zanden, 2007). Research conducted by Aprianawati (2010), showed that more than 75% of pregnant women experience anxiety in the third trimester. Based on research conducted by Stephanus (2009) as much as 85% of women experience anxiety before delivery. According to Heron (2004), as many as 21% of pregnant women

showed symptoms of anxiety and of that number as much as 64% will progress to postpartum anxiety. Maternal anxiety lead to babies having low birth weight, the risk of prematurity, fetal distress and the risk of abortion (Fishell, 2010). For his mother's anxiety can lead to less good, less current opening, and result in long parturition, where the disorder is more common in nullipara (Wiknjosastro, 2007). Yophytta pregnancy exercise can lower levels of anxiety before the birth has not been explained. Yophytta pregnancy exercise beneficial for maintaining and optimizing physical balance, maintaining a healthy pregnancy, eliminating complaints that occur because of changes due to pregnancy process, and facilitate the delivery process.

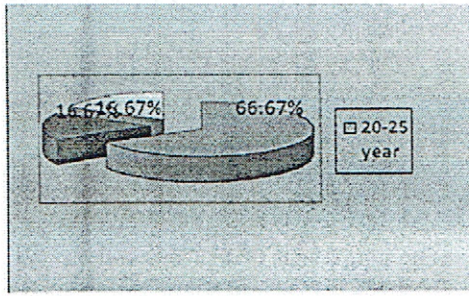
**METHODS**

This study was conducted at the Kendangsari mother and child hospital Surabaya. The population in this study were all pregnant women with gestational age 28 -34 weeks in RSIA (Mother and Child Hospital) Kendang Sari 38 Surabaya, by 12 respondents. In this study the sampling technique used is the type of sampling nonprobability Total sampling.



**RESULT**

General Data  
 1. Distribution of Respondents by Age



Based on Figure 1 can be seen that from the age of mothers who responded more than half (66.67%) aged 20-25years.

2. Distribution of Respondents by Education

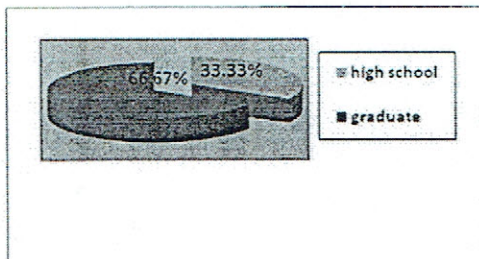


Figure 2 Distribution of respondents based on maternal education in Hospital Mothers of Kendangsari Surabaya in 2011.

3. Distribution of Respondents by Age Pregnancy

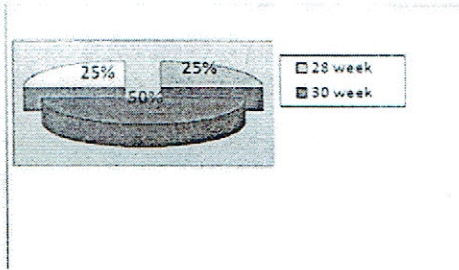


Figure 3. Distribution of respondents according to maternal gestational age at Children's Hospital Mother Kendangsari 2011.

Based on figure 4 it is known that maternal age into half of respondents (50%) had a gestational age 30 weeks

**Specific Data Respondents**

Normality and homogeneity of data specific In this study the analysis of cortisol levels using dependent t-test which included type of parametric test that needs to be seen whether the first data are normally distributed and homogeneous. Test Results of One-Sample Kolmogorov-Smirnov test and homogeneity of variances and data obtained are as follows:

Based on Table 1 test results of one-sample Kolmogorov Smirnov obtained significance value of 0.707 and 0.651 so that the p-value >  $\alpha$  which berartin data are normally distributed data.

Table 1 The results of the normality of the One-Sample Kolmogorov-Smirnov Test Based on the levels of cortisol.

	Cortisol levels after the intervention		Cortisol levels before the intervention	
N	12		12	
Normal	18.7917		22.5500	
Paramete	Std	Deviation	3.89813	5.22572
Most Differences	Extreme Absolute		.212	.203
	Positive		.208	.155
	Negative		-.212	-.203
Kolmogorov-Smirnov Z			.736	.703
Asymp. Sig. (2-tailed)			.651	.707

Table 2 Test Results of homogeneity of variance based on the results of the cortisol levels

	Levene Statistic	df1	df2	Sig.
Kadar kortisol	.645	1	22	.430
Based on Median	.694	1	22	.414
Based on Median and with adjusted df	.694	1	21.153	.414
Based on trimmed mean	.700	1	22	.412

Based on test results of table 2 homogeneity of variance obtained significance value of 0.430 so that the p-value >  $\alpha$ , which means a homogeneous data.

1. Respondents rated the level of anxiety before pregnancy exercise intervention Yophytta.

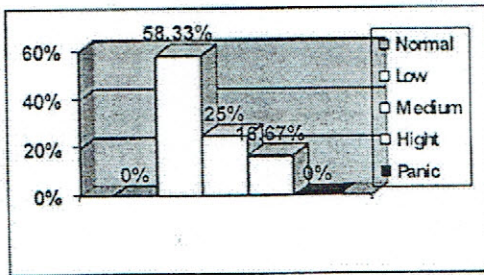


Figure 4 Distribution of respondents based on their level of anxiety before pregnancy exercise Yophytta in Hospital Mothers of Kendangsari Surabaya in 2011. Based on the figure 4 above, the anxiety level prior to pregnancy exercise respondents Yophytta the bulk (58.33%) were mild anxiety.

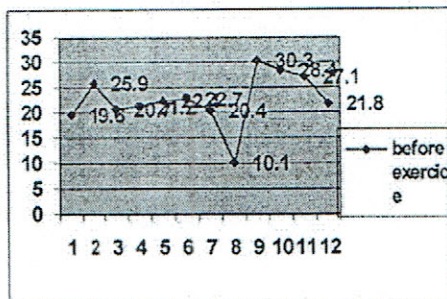


Figure 5 Distribution of respondents based on the results of blood cortisol levels before pregnancy exercise Yophytta Hospital Mothers of Kendangsari Surabaya in 2011.

2. Respondents rated the level of anxiety after pregnancy exercise intervention Yophytta.

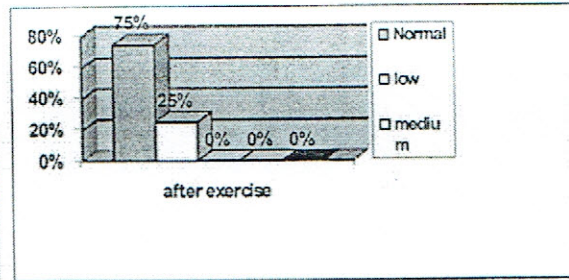


Figure 6 Distribution of respondents based on their level of anxiety after having a pregnancy exercise Yophytta in Hospital Mothers of Kendangsari 2011. Berdasarkan Surabaya in figure 6 the level of anxiety after a pregnancy exercise respondents Yophytta almost entirely (75%) normal

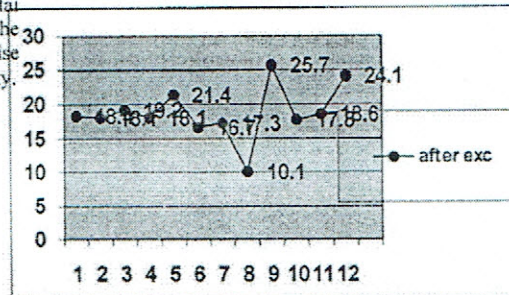


Figure 7 Distribution of respondents based on the results of blood cortisol levels after having a pregnancy exercise Yophytta in Hospital Mothers of Kendangsari Surabaya in 2011.



Based on the figure 7 there is a respondent with more than normal cortisol levels, while the remainder, or 11 respondents with normal cortisol levels.

3. Effect of pregnancy exercise on anxiety levels before delivery in pregnant primigravidae.

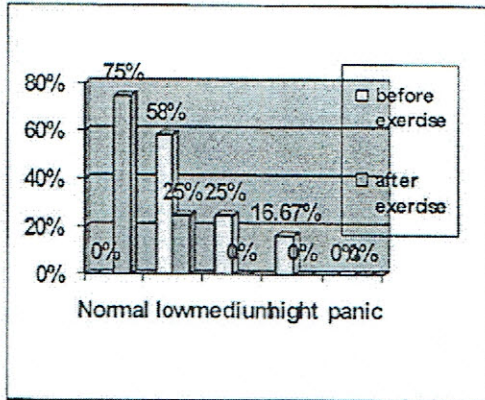


Figure 8 Effect of pregnancy exercise Yophytta on anxiety levels before delivery, based on the DASS questionnaire results primigravida mother at Children's Hospital Mother Kendangsari Surabaya, in 2011.

Table 3 Effect of pregnancy exercise Yophytta on anxiety levels before delivery, based on the DASS questionnaire results primigravida mother at Children's Hospital Mother Kendangsari Surabaya, in 2011.

Group	Mean Rank	Sum of Ranks	Wilcoxon test
Anxiety level before exercise	.00	.00	0,001
Anxiety level after exercise	6.50	78.00	

Once done with the Wilcoxon statistical test results obtained test  $p = 0.001$  so that  $p \leq \alpha (0.05)$  which means that  $H_0$  is rejected so that there is a pregnancy exercise influence on the level of anxiety before delivery in pregnant primigravidae.

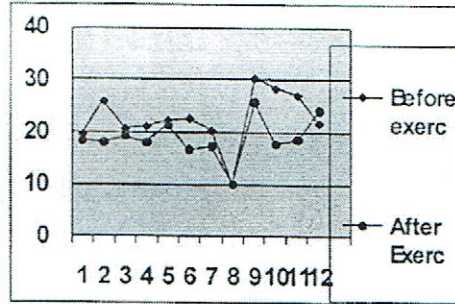


Figure 9 Effect of pregnancy exercise Yophytta on anxiety levels before delivery by blood cortisol levels in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya, in 2011.

Table 4 Effect of pregnancy exercise Yophytta on anxiety levels before delivery by blood cortisol levels in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya, in 2011....

Group	Mean	SD	Delta	t-dependent test
Blood cortisol levels before exercise	22.5	5.226	3,76	0,006
Blood cortisol levels after exercise	18.7	3.898		

Decrease in the average results of the average levels of cortisol or delta is 3.76. After a statistical test with t-dependent test results obtained  $p = 0.006$  so that  $p \leq \alpha (0.05)$  which means that  $H_0$  is rejected so that there is a pregnancy exercise effect on blood cortisol levels in pregnant primigravidae.

#### DISCUSSION

Anxiety Levels By Birth Mother In primigravidae Before Pregnant Yophytta Given Intervention Gymnastics. The results showed that 58.33% of respondents experiencing mild levels of anxiety, anxiety levels were 25% and 16.67% experienced severe levels of anxiety. The results could mean that all respondents experienced anxiety in a variety of levels, ranging from mild, moderate and even some level of severe anxiety. Pregnant women, especially primigravidae or first-time mothers who are pregnant



often feel anxious and concerned about the labor that will be undertaken and the condition of the baby. According Zanden (2007) says that face the concrete delivery is a condition that threatens self-pregnant women that causes feelings of tension, worry, and fear. Based on the results of the study there are two pregnant women (16.67%) who experienced severe anxiety. Mothers often have concerns about the condition of infants dikandung, concerns whether to give birth normally and feeling restless, anxious and afraid to face the pain of pregnancy. From these results it can be concluded that the anxiety experienced by pregnant women will be intensive when approaching the last weeks of pregnancy. Anxiety levels Ahead After Childbirth In primigravida mother Intervention Given Pregnant Yophytta Gymnastics. The results showed that nearly all (75%) had normal levels of anxiety and based on Figure 5.8 was found that there were 11 respondents with normal cortisol levels, and decreased after follow pregnancy exercise Yophytta for 1 month. From these results can be interpreted that after doing exercise for 1 month decreased levels of anxiety before delivery in pregnant primigravidae. All respondents also revealed that after following pregnancy exercise, mothers feel more relaxed, happy, fear is reduced and more prepared for childbirth. The results of this study was obtained 25% of respondents had a mild level of anxiety, and a respondent with more than normal cortisol levels. The hormone cortisol is a stress hormone, and anxiety, so it can be explained that there are respondents who experience anxiety after pregnancy exercise Yophytta for a month. Several factors can affect anxiety, among others: age, physical condition, socio-cultural, educational level, knowledge level, personality type and social support. Gymnastics influence on the level of anxiety Yophytta Pregnant By Mom Maternity In primigravidae. Once done with the Wilcoxon statistical test results obtained test  $p = 0.001$  so that  $p \leq \alpha (0.05)$  which means that  $H_0$  is rejected so that there is a pregnancy exercise influence on the level of anxiety before delivery in pregnant primigravidae. While the statistical tests with the t-test cortisol levels are dependent on the results obtained  $p = 0.006$  so that  $p \leq \alpha (0.05)$  which means that  $H_0$  is rejected, so there is the influence of pregnancy exercise on blood cortisol levels in pregnant primigravidae. Based on the above results indicate that pregnancy exercise proved to be effective for reducing anxiety before delivery. Pregnancy exercise is the best sport that can be done by pregnant women before delivery. Pregnancy exercise is an exercise motion carried by a pregnant woman during her pregnancy with the movement adapted to the condition of pregnancy in order to prepare for the physical and mental condition in the face of safe delivery and smoothly in accordance with the expected time (Muhimah and Safe'i, 2010).

## CONCLUSION

Anxiety levels before delivery in pregnant primigravidae before given a pregnancy exercise intervention Yophytta mostly mild levels of anxiety. Levels of anxiety in the mother before delivery were primigravidae after pregnancy exercise intervention Yophytta almost all do not experience anxiety. Yophytta pregnancy exercise lowers levels of anxiety before delivery in pregnant primigravidae in Hospital Mothers of Kendangsari Surabaya.

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