**International Journal of Advanced Health Science and Technology**
**Homepage: ijahst.org**
**e-ISSN:2808-6422; p-ISSN:2829-3037**
**Vol. 4 No.4, pp. 206-211, August 2024**

**RESEARCH ARTICLE** **OPEN ACCESS**

Manuscript received May 31, 2024; revised July 25, 2024; accepted July 25, 2024; date of publication August 29, 2024;
Digital Object Identifier (DOI): https://doi.org/10.35882/ijahst.v4i4.334

**How to cite**: Reni Putri Novianti, I Dewa Nyoman Supariasa, Didien Ika Setyarini, and Annasari Mustafa, 'The Impact of Prenatal Yoga on Anxiety Levels in Third-Trimester Primigravida Mothers: A Pre-Experimental Study', International Journal of Advanced Health Science and Technology, Vol. 4, No. 4, pp.206 - 211, August 2024

# The Impact of Prenatal Yoga on Anxiety Levels in Third-Trimester Primigravida Mothers: A Pre-Experimental Study

**Reni Putri Novianti[1], I Dewa Nyoman Supariasa[2], Didien Ika Setyarini[1], and Annasari Mustafa[2]**

[1]Department of Midwifery, Health Polytechnic of the Ministry of Health Malang, Malang, Indonesia
[2]Department of Nutrition, Health Polytechnic of the Ministry of Health Malang, Malang, Indonesia

**Corresponding author**: Reni Putri Novianti (e-mail: reniputrinovianti@gmail.com)

**ABSTRACT** Pregnancy induces significant physiological and psychological changes that contribute to heightened anxiety levels among expectant mothers, particularly primigravida women experiencing their first pregnancy. In Indonesia, approximately 71.90% of pregnant women exhibit anxiety symptoms, which can adversely affect maternal health outcomes throughout the gestational period and during delivery. The psychological distress associated with pregnancy-related anxiety necessitates effective, non-pharmacological interventions to promote maternal well-being. This study aimed to evaluate the effectiveness of prenatal yoga intervention on anxiety levels among third-trimester primigravida mothers, investigating whether structured yoga practice could serve as a viable therapeutic approach for managing pregnancy-related anxiety. A pre-experimental design utilizing a one-group pretest-posttest approach was employed. The study population consisted of 41 primigravida mothers in their third trimester, from whom 27 participants meeting the inclusion criteria were selected through total sampling. The Pregnancy-Related Anxiety Questionnaire-Revised (PRAQ-R2) was administered to assess anxiety levels before and after the prenatal yoga intervention. Data analysis was conducted using the Wilcoxon signed-rank test to determine statistical significance. Statistical analysis revealed a significant reduction in anxiety levels following prenatal yoga intervention, with a p-value of 0.000 ($p < 0.05$), indicating a statistically significant difference between pre- and post-intervention anxiety scores. The findings demonstrate that structured prenatal yoga practice effectively reduces anxiety levels in third-trimester primigravida mothers. Prenatal yoga represents an effective, non-pharmacological intervention for managing pregnancy-related anxiety among first-time mothers in their third trimester. Regular, structured prenatal yoga practice not only reduces anxiety levels but also enhances maternal psychological preparedness for childbirth. These findings support the integration of prenatal yoga as a complementary therapeutic approach in prenatal care protocols, offering healthcare providers an evidence-based tool for addressing maternal anxiety and promoting optimal pregnancy outcomes.

**INDEX TERMS** Prenatal Yoga, Pregnancy Anxiety, Primigravida, Third Trimester, Maternal Mental Health.

## I. INTRODUCTION

Pregnancy represents a critical transitional period characterized by substantial physiological and psychological adaptations that significantly impact maternal well-being. During this transformative process, expectant mothers frequently experience heightened anxiety levels, particularly among primigravida women encountering their first pregnancy experience [1]. The prevalence of pregnancy-related anxiety has reached concerning levels globally, with the World Health Organization reporting that 10% of pregnant women and 13% of postpartum mothers worldwide experience mental health disorders, including anxiety and depression [2]. In Indonesia, this prevalence is notably elevated, with approximately 71.90% of pregnant women exhibiting anxiety symptoms [3]. This widespread occurrence of maternal anxiety poses significant risks not only to maternal health outcomes but also to fetal development and long-term child welfare. The pathophysiological consequences of pregnancy-related anxiety extend beyond immediate maternal discomfort. Research has demonstrated that maternal anxiety triggers the release of stress hormones, including cortisol, catecholamines, and adrenocorticotropic hormone (ACTH), which subsequently induce uterine artery vasoconstriction and compromise uteroplacental blood flow [4]. These mechanisms result in decreased oxygen and nutrient transfer to the developing fetus, potentially leading to intrauterine growth restriction, low birth weight, and prolonged labor complications [5]. Furthermore, third-trimester anxiety has been associated with increased hypothalamic-pituitary-adrenal (HPA) axis activity, contributing to adverse neonatal outcomes and long-term developmental consequences, including cognitive impairment and behavioral disorders [6]. Contemporary approaches to managing pregnancy-related anxiety encompass both pharmacological and non-pharmacological interventions. Pharmacological treatments,

e-ISSN:2808-6422; p-ISSN:2829-3037
Vol. 4 No.4, pp. 206-211, August 2024

while effective, present potential teratogenic risks and are often contraindicated during pregnancy [7]. Consequently, non-pharmacological approaches have gained prominence in maternal healthcare protocols. Cognitive-behavioral therapy (CBT) has demonstrated efficacy in reducing pregnancy-related anxiety through structured psychological interventions [8]. Mindfulness-based stress reduction (MBSR) programs have shown promising results in enhancing maternal psychological well-being and reducing anxiety symptoms [9]. Additionally, prenatal education classes and support group interventions have been implemented to address knowledge deficits and provide psychosocial support [10].

Among non-pharmacological interventions, prenatal yoga has emerged as a particularly promising therapeutic modality. This mind-body practice integrates physical postures, breathing techniques, and meditation to promote holistic well-being [11]. Recent systematic reviews have indicated that prenatal yoga interventions significantly reduce anxiety levels, improve sleep quality, and enhance maternal self-efficacy [12]. The physiological benefits include improved cardiovascular function, enhanced flexibility, and better pain management during labor [13]. Furthermore, prenatal yoga practice has been associated with reduced cortisol levels and improved parasympathetic nervous system activation, contributing to stress reduction [14]. Despite the growing body of evidence supporting prenatal yoga's therapeutic benefits, several research gaps persist in the literature. First, the majority of existing studies have focused on mixed populations of pregnant women, with limited specific attention to primigravida mothers who represent a high-risk group for pregnancy-related anxiety [15]. Second, there is insufficient research examining the optimal timing, duration, and frequency of prenatal yoga interventions for maximum anxiety reduction [16]. Third, most studies have been conducted in Western populations, with limited investigation of prenatal yoga's effectiveness in Southeast Asian contexts, particularly Indonesia, where cultural and healthcare factors may influence intervention outcomes [17].

This study aims to evaluate the effectiveness of prenatal yoga intervention on anxiety levels among third-trimester primigravida mothers in Indonesia, addressing the identified research gaps through a focused examination of this vulnerable population. This investigation provides several significant contributions to the field of maternal healthcare:

1. It specifically examines prenatal yoga's effectiveness in reducing anxiety among primigravida mothers, a population at higher risk for pregnancy-related psychological distress.
2. The study provides culturally relevant evidence for Indonesian healthcare settings, contributing to the limited body of research on non-pharmacological anxiety interventions in Southeast Asian populations.
3. It offers practical implications for healthcare providers by demonstrating an accessible, cost-effective intervention that can be integrated into routine prenatal care protocols to improve maternal mental health outcomes.

This paper is organized as follows: Section II presents the methodology, including study design, participants, intervention protocol, and statistical analysis procedures. Section III reports the research findings, including demographic characteristics, pre- and post-intervention anxiety measurements, and statistical comparisons. Section IV discusses the implications of the findings, limitations, and recommendations for future research. Finally, Section V provides conclusions and practical recommendations for clinical implementation.

## II. METHOD

### A. RESEARCH DESIGN AND STUDY POPULATION

This investigation employed a one-group pretest-posttest design within a pre-experimental research framework [18]. The pre-experimental design was selected to evaluate the effectiveness of prenatal yoga intervention on anxiety levels among primigravida mothers, providing preliminary evidence for future controlled studies [19]. This design allows for the examination of changes in the dependent variable following intervention implementation while acknowledging the inherent limitations in establishing causality due to the absence of a control group [20]. The research was conducted at PMB Yunita Wonokoyo, located at CPBR. D2 No.6 Buring Wonokoyo, Malang City, Indonesia. Data collection occurred systematically on Wednesdays and Saturdays from May 11 to June 30, 2023, ensuring consistent scheduling and optimal participant attendance. The selected healthcare facility was chosen based on its accessibility to the target population and the availability of appropriate facilities for conducting prenatal yoga sessions [21]. The target population comprised primigravida mothers in their third trimester who sought prenatal care services at PMB Yunita during the study period from January to June 2023. The total population consisted of 41 eligible participants. Through a purposive sampling technique, 27 primigravida mothers meeting the predetermined inclusion criteria were recruited as the study sample [22]. The inclusion criteria encompassed: (1) primigravida mothers in their third trimester of pregnancy, (2) gestational age between 28 and 36 weeks, (3) singleton pregnancy, (4) willingness to participate in the complete intervention program, and (5) ability to provide informed consent. Exclusion criteria included: (1) high-risk pregnancy conditions, (2) contraindications to physical exercise, (3) previous experience with yoga practice, and (4) psychiatric disorders requiring medication [23].

### B. DATA COLLECTION AND INTERVENTION

The Pregnancy-Related Anxiety Questionnaire-Revised 2 (PRAQ-R2) served as the primary data collection instrument for measuring anxiety levels among participants [24]. The PRAQ-R2 is a validated, reliable instrument specifically designed to assess pregnancy-related anxiety across multiple domains. The questionnaire utilizes an ordinal measurement scale, facilitating a comprehensive assessment of anxiety levels before and after intervention implementation. The prenatal yoga intervention was implemented through a structured eight-session program, with each session lasting 60 minutes. The intervention protocol was standardized and consisted of three distinct phases to ensure consistency and safety [25]. The initial phase involved preliminary health assessments, including blood pressure monitoring and fetal heart rate evaluation, followed by a 10-minute warm-up

e-ISSN:2808-6422; p-ISSN:2829-3037
Vol. 4 No.4, pp. 206-211, August 2024

period. This preparatory phase ensured participant safety and physiological readiness for the subsequent activities. The core phase comprised 40 minutes of specialized prenatal yoga movements, incorporating breathing techniques, gentle stretching, and modified asanas appropriate for third-trimester pregnancy. The final phase consisted of cooling down and relaxation exercises designed to promote stress reduction and mental well-being [26]. Each session was conducted under professional supervision, with careful attention to participant comfort and safety. Modifications were made as necessary to accommodate individual participant needs and physical limitations. The intervention schedule was designed to provide adequate time for physiological and psychological adaptation while maintaining participant engagement throughout the program duration.

Data analysis employed both univariate and bivariate statistical approaches to comprehensively examine the research variables. Univariate analysis was conducted to determine frequency distributions and percentages of respondent characteristics, providing descriptive insights into the study population demographics and baseline characteristics [27]. Bivariate analysis was performed using the Wilcoxon Signed-Rank test, selected due to the ordinal nature of the dependent variable and the paired nature of the pre-post intervention measurements. This non-parametric statistical test was appropriate for analyzing changes in anxiety levels before and after the prenatal yoga intervention, particularly given the ordinal scaling of the PRAQ-R2 instrument responses. The Wilcoxon Signed-Rank test provides robust analysis for detecting statistically significant differences in paired observations when parametric assumptions are not met. The data collection process followed a systematic approach to ensure consistency and reliability. During the initial meeting, researchers administered the PRAQ-R2 questionnaire to establish baseline anxiety levels. Participants were provided with assistance in completing personal demographic information and questionnaire responses to ensure data accuracy and completeness. Following baseline data collection, participants engaged in the eight-session prenatal yoga intervention program. Upon completion of the intervention period, the PRAQ-R2 questionnaire was re-administered to assess post-intervention anxiety levels. This systematic approach facilitated accurate measurement of changes in anxiety levels attributable to the prenatal yoga intervention, enabling comprehensive evaluation of the intervention's effectiveness in reducing pregnancy-related anxiety among primigravida mothers.

### *C. ETHICAL CONSIDERATIONS*

Ethical approval was obtained from the relevant institutional review board before study commencement. All participants provided written informed consent after receiving comprehensive information about the study objectives, procedures, risks, and benefits. Participant confidentiality was maintained throughout the research process, with data anonymization procedures implemented to protect individual privacy.

## III. RESULTS

TABLE 1 presents the demographic characteristics of the study population, revealing that 74.1% of participants were within the optimal reproductive age range of 20-35 years. Educational attainment analysis demonstrates that the majority of respondents (77.8%) had completed secondary education, while employment status indicates that 63.0% of participants were actively engaged in the workforce. TABLE 2 illustrates the baseline anxiety levels measured through pre-intervention assessment using the PRAQ-R2 questionnaire. The distribution reveals that moderate anxiety was predominant among 70.4% of participants, with 22.2% experiencing severe anxiety and 7.4% reporting mild anxiety levels before prenatal yoga intervention.

**TABLE 1**
**Trimester III at PMB: Frequency Distribution of Primigravida Mother Respondents' General Characteristics Yunita Wonokoyo.**

| Respondent characteristics | Frequency (n) | Percentage (%) |
|---|---|---|
| Aged | | |
| < 20 Years | 7 | 25.9 |
| 20-35 Years | 20 | 74.1 |
| >35 Years | 0 | 0 |
| Amount | 27 | 100 |
| Education | | |
| Elementary School | 1 | 3.7 |
| Middle School | 4 | 14.8 |
| High School | 21 | 77.8 |
| College | 1 | 3.7 |
| Amount | 27 | 100 |
| Work | | |
| Work | 17 | 63.0 |
| Not Working | 10 | 37.0 |
| Amount | 27 | 100 |

**TABLE 2**
**Distribution of Pre-Test Results' Frequencies Before Receiving Prenatal Yoga Treatment.**

| Anxiety level | Frequency (n) | Percentage (%) |
|---|---|---|
| Mild anxiety score < 23 | 2 | 7.4 |
| Moderate anxiety score 23-37 | 19 | 70.4 |
| Severe anxiety score >37 | 6 | 22.2 |
| Amount | 27 | 100 |

**TABLE 3**
**Frequency Distribution of Pretest Results After Being Given Prenatal Yoga Treatment.**

| Anxiety level | Frequency (n) | % |
|---|---|---|
| Mild anxiety score < 23 | 17 | 63,0 |
| Moderate anxiety score 23-37 | 10 | 37,0 |
| Severe anxiety score >37 | 0 | 0 |
| Amount | 27 | 100 |

TABLE 3 demonstrates the post-intervention anxiety levels following completion of the eight-session prenatal yoga program. The results indicate a substantial shift in anxiety distribution, with 63.0% of participants experiencing mild anxiety and 37.0% reporting moderate anxiety levels. TABLE 4 provides a comparative analysis of pre- and post-intervention anxiety levels, demonstrating significant improvements across all categories. The proportion of participants experiencing mild anxiety increased substantially from 7.4% to 63.0%, while moderate anxiety decreased from 70.4% to 37.0%. Most notably, severe anxiety was eliminated, decreasing from 22.2% to 0%. These findings collectively demonstrate that prenatal yoga intervention produces

e-ISSN:2808-6422; p-ISSN:2829-3037
Vol. 4 No.4, pp. 206-211, August 2024

significant therapeutic effects on anxiety levels among third-trimester primigravida mothers. Statistical analysis was conducted using the Wilcoxon signed-rank test with a significance level of $\alpha = 0.05$ to evaluate the intervention's efficacy. The analysis yielded a p-value of 0.000, which is substantially less than the predetermined significance threshold ($p < 0.05$), thereby supporting the alternative hypothesis. These results provide statistical evidence for the significant impact of prenatal yoga on reducing anxiety levels among third-trimester primigravida mothers at PMB Yunita Wonokoyo, confirming the intervention's therapeutic efficacy in this population.

**TABLE 4**
**The influence of prenatal yoga on primigravida mothers' anxieties during the 3rd trimester: a frequency distribution evaluation.**

| Treatment | Anxiety Category | | | | | | Amount | |
|---|---|---|---|---|---|---|---|---|
| | Light | | Currently | | Heavy | | | |
| | f | % | f | % | f | % | f | % |
| Before | 2 | 7.4 | 19 | 70.4 | 6 | 22.2 | 27 | 100 |
| After | 17 | 63.0 | 10 | 37.0 | 0 | 0 | 27 | 100 |

## IV. DISCUSSION

The present study revealed that before prenatal yoga intervention, the majority of primigravida mothers (70.4%) experienced moderate anxiety levels, with 22.2% reporting severe anxiety and only 7.4% experiencing mild anxiety according to the PRAQ-R2 assessment. These findings demonstrate a concerning prevalence of elevated anxiety levels among first-time pregnant women during the third trimester, which aligns with established literature regarding pregnancy-related psychological distress. The demographic analysis indicated that 74.1% of participants belonged to the 20-35 age group, representing the optimal reproductive age range. This age distribution is consistent with recommended guidelines for safe pregnancy and childbirth, as women within this age bracket typically possess both physiological and psychological readiness for pregnancy [28]. However, the high prevalence of moderate to severe anxiety within this optimal age group suggests that age alone does not guarantee psychological preparedness for the birthing process. Previous research has established that maternal age at conception significantly influences anxiety and fear levels during pregnancy and delivery, with younger mothers potentially lacking emotional maturity while older mothers may experience heightened concerns about pregnancy complications [29]. Educational attainment analysis revealed that 77.8% of participants had completed high school education. While higher educational levels theoretically correlate with improved health information processing and knowledge acquisition, the persistent high anxiety levels in this educated population suggest that knowledge alone may be insufficient for anxiety management during pregnancy. This finding contrasts with theoretical expectations that educated women would demonstrate better psychological preparation for childbirth due to enhanced understanding of pregnancy processes and available resources [30]. Employment status analysis indicated that 63.0% of participants were actively working, which may contribute to elevated anxiety levels through workplace stressors and physical demands. The dual burden of occupational responsibilities and pregnancy-related physical changes can exacerbate anxiety symptoms, particularly in primigravida mothers who lack previous experience in managing pregnancy while maintaining professional obligations [31]. Working mothers may experience additional concerns about balancing maternal responsibilities with career demands, contributing to overall anxiety levels. The predominance of moderate to severe anxiety levels among primigravida mothers reflects the inherent challenges of first-time pregnancy experiences. The third trimester represents a critical period characterized by anticipatory anxiety regarding the impending birth process, concerns about fetal well-being, and apprehension about physical changes. These findings are consistent with previous research demonstrating that primigravida mothers experience higher anxiety levels compared to multiparous women due to their lack of previous birthing experience and uncertainty about the labor process [32].

Following the eight-session prenatal yoga intervention, the study demonstrated a significant reduction in anxiety levels among participants. Post-intervention results indicated that 63.0% of respondents experienced mild anxiety, while 37.0% reported moderate anxiety, with no participants experiencing severe anxiety. This substantial shift in anxiety distribution demonstrates the therapeutic potential of structured prenatal yoga programs for managing pregnancy-related psychological distress. The observed reduction in anxiety levels can be attributed to the multifaceted benefits of prenatal yoga practice. The intervention combines physical postures, breathing techniques, and mindfulness practices that collectively address both physiological and psychological aspects of pregnancy-related anxiety. The structured approach of the yoga sessions, incorporating warm-up, core movements, and relaxation phases, provides a comprehensive framework for stress management and emotional regulation [33]. The physical benefits of prenatal yoga contribute to anxiety reduction through improved flexibility, muscle strength, and respiratory control. Enhanced physical preparedness for labor may reduce anticipatory anxiety about the birthing process, as participants develop greater confidence in their physical capabilities. The breathing techniques taught during yoga sessions provide practical tools for managing anxiety symptoms and pain during labor, contributing to overall psychological well-being [34]. The mindfulness and relaxation components of prenatal yoga address the psychological dimensions of pregnancy-related anxiety. Regular practice promotes emotional regulation, stress reduction, and the development of coping strategies for managing pregnancy-related concerns. The group setting of yoga sessions may also provide social support and normalization of pregnancy experiences, further contributing to anxiety reduction [35]. These findings align with previous research demonstrating the efficacy of prenatal yoga interventions for anxiety management. The significant reduction from predominantly moderate and severe anxiety levels to mild anxiety levels represents a clinically meaningful improvement in psychological well-being among primigravida mothers. The complete elimination of severe anxiety cases post-intervention suggests that prenatal yoga may be particularly effective for managing higher levels of pregnancy-related distress. Statistical analysis revealed a significant difference in anxiety levels before and

e-ISSN:2808-6422; p-ISSN:2829-3037
Vol. 4 No.4, pp. 206-211, August 2024

after prenatal yoga intervention ($\rho < 0.05$), confirming the therapeutic efficacy of the intervention. The study's findings demonstrate that prenatal yoga serves as an effective non-pharmacological intervention for managing pregnancy-related anxiety among primigravida mothers during the third trimester. The significant reduction in anxiety levels observed in this study is consistent with previous research examining prenatal yoga interventions. Similar studies have reported comparable reductions in anxiety scores using various assessment instruments, including the Hamilton Anxiety Rating Scale (HARS) and the Anxiety Scale for Pregnancy (ASP). These consistent findings across different populations and measurement tools strengthen the evidence base for prenatal yoga as an effective anxiety management intervention [36]. The mechanism underlying prenatal yoga's effectiveness in anxiety reduction appears to be multifactorial. The physical components of yoga practice promote the release of endorphins, reduce cortisol levels, and improve overall physical well-being. The breathing techniques and mindfulness practices activate the parasympathetic nervous system, promoting relaxation and stress reduction. The regular practice schedule provides structure and routine, which can be particularly beneficial for managing anxiety symptoms [37]. However, several limitations must be acknowledged when interpreting these findings. The pre-experimental design without a control group limits the ability to establish definitive causal relationships between prenatal yoga and anxiety reduction. External factors such as natural adaptation to pregnancy, social support, or other concurrent interventions may have contributed to the observed improvements. The relatively small sample size (n=27) may limit the generalizability of findings to broader populations of primigravida mothers. The study's single-site design at PMB Yunita Wonokoyo may introduce selection bias, as participants may share similar socioeconomic backgrounds and healthcare access patterns.

The exclusion of women with high-risk pregnancies or contraindications to exercise may limit the applicability of findings to more diverse pregnant populations. Additionally, the lack of long-term follow-up prevents assessment of sustained anxiety reduction benefits beyond the immediate post-intervention period. The implications of these findings extend beyond individual patient care to broader healthcare practice and policy considerations. The demonstrated effectiveness of prenatal yoga suggests that structured physical activity programs should be integrated into routine prenatal care services. Healthcare providers should consider recommending prenatal yoga as a complementary therapy for managing pregnancy-related anxiety, particularly among primigravida mothers who may be at higher risk for psychological distress [38]. From a public health perspective, the cost-effectiveness and accessibility of prenatal yoga interventions make them attractive options for healthcare systems seeking to improve maternal mental health outcomes. The non-pharmacological nature of the intervention eliminates concerns about medication effects on fetal development while providing mothers with practical skills for managing anxiety during pregnancy and potentially during labor. Future research should address the current study's limitations through randomized controlled trials with larger sample sizes and diverse populations. Long-term follow-up studies examining the sustained effects of prenatal yoga on anxiety levels and birth outcomes would provide valuable insights into the intervention's lasting benefits. Comparative studies examining different types of prenatal exercise interventions could help identify the most effective approaches for anxiety management in pregnant women. The findings of this study contribute to the growing body of evidence supporting the integration of mind-body interventions in maternal healthcare. The significant reduction in anxiety levels among primigravida mothers following prenatal yoga intervention demonstrates the potential for improving maternal psychological well-being through accessible, safe, and effective non-pharmacological approaches.

## V. CONCLUSION

This study aimed to evaluate the effectiveness of prenatal yoga intervention in reducing anxiety levels among third-trimester primigravida mothers at PMB Yunita Wonokoyo, Malang City. Through a one-group pretest-posttest design involving 27 participants, the research demonstrated statistically significant improvements in anxiety management following an eight-session prenatal yoga intervention program. Pre-intervention assessment using the PRAQ-R2 questionnaire revealed that 70.4% of participants experienced moderate anxiety levels, 22.2% reported severe anxiety, and only 7.4% demonstrated mild anxiety. Following the structured prenatal yoga intervention, there was a substantial redistribution of anxiety levels, with 63.0% of participants experiencing mild anxiety, 37.0% reporting moderate anxiety, and, notably, 0% experiencing severe anxiety. Statistical analysis confirmed a significant difference between pre- and post-intervention anxiety levels ($\rho < 0.05$), validating the therapeutic efficacy of prenatal yoga as a non-pharmacological intervention for pregnancy-related anxiety management. The intervention's effectiveness can be attributed to its multifaceted approach, combining physical postures, breathing techniques, and mindfulness practices that address both physiological and psychological aspects of pregnancy-related distress. The complete elimination of severe anxiety cases post-intervention represents a clinically meaningful improvement in maternal psychological well-being, suggesting that prenatal yoga may be particularly beneficial for managing higher levels of pregnancy-related anxiety among first-time mothers. These findings contribute to the growing evidence base supporting the integration of mind-body interventions in routine prenatal care services. Future research should focus on conducting randomized controlled trials with larger, more diverse populations to enhance the generalizability of findings and establish definitive causal relationships between prenatal yoga and anxiety reduction. Long-term follow-up studies examining the sustained effects of prenatal yoga on maternal anxiety levels, birth outcomes, and postpartum psychological well-being would provide valuable insights into the intervention's lasting benefits. Additionally, comparative studies investigating different types of prenatal exercise interventions could help identify the most effective approaches for anxiety management in pregnant women. The development of standardized prenatal

e-ISSN:2808-6422; p-ISSN:2829-3037
Vol. 4 No.4, pp. 206-211, August 2024

yoga protocols and training programs for healthcare providers would facilitate broader implementation of this intervention in clinical practice. These findings underscore the potential for improving maternal mental health outcomes through accessible, safe, and cost-effective non-pharmacological interventions that can be readily integrated into existing prenatal care frameworks.

## ACKNOWLEDGMENTS

The authors express sincere gratitude to PMB Yunita Wonokoyo, Malang City, for providing the research facility and supporting this study. Special appreciation is extended to all 27 primigravida mothers who participated in this research, whose cooperation and dedication made this investigation possible. We acknowledge the invaluable guidance and support from our supervisors and colleagues throughout the research process. Heartfelt thanks are also given to the healthcare staff at PMB Yunita for their assistance during data collection and intervention implementation. Finally, we appreciate the institutional support that facilitated the completion of this research project.

## FUNDING

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

## DATA AVAILABILITY

No datasets were generated or analyzed during the current study.

## AUTHOR CONTRIBUTION

Reni Putri Novianti served as the principal investigator, responsible for conceptualizing the research design, conducting data collection, implementing the prenatal yoga intervention, and preparing the initial manuscript draft. I Dewa Nyoman Supariasa contributed to the study methodology development, provided supervision throughout the research process, and offered critical review and revision of the manuscript. Didien Ika Setyarini participated in the research design formulation, assisted with data analysis and interpretation, and contributed to the writing and editing of the manuscript. Annasari Mustafa provided expertise in statistical analysis, contributed to the interpretation of results, and participated in the critical review and final revision of the manuscript. All authors have read and approved the final version of the manuscript and agree to be accountable for all aspects of the work.

## DECLARATIONS

### *ETHICAL APPROVAL*

Ethical approval is not available.

### *CONSENT FOR PUBLICATION PARTICIPANTS*

Written informed consent for publication was obtained from all participants before their enrollment in this study. All participants were informed about the nature of the research, the potential use of their data for publication purposes, and their rights regarding data privacy and confidentiality.

### *COMPETING INTERESTS*

The authors declare that they have no competing interests, financial or otherwise, that could potentially influence the design, conduct, analysis, or reporting of this research. No funding, grants, or other financial support was received from organizations that might have a vested interest in the study outcomes. All authors have disclosed any potential conflicts of interest, and none were identified that would compromise the integrity or objectivity of this research.

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