

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, JULI 2026
INDAH DWI PUTRI**

**EFEKTIVITAS PRENATAL YOGA DAN EDUKASI PERSIAPAN
PERSALINAN TERHADAP TINGKAT KECEMASAN PADA IBU
PRIMIGRAVIDA DI PMB ROSITA KOTA PEKANBARU**

xiv+ 76 halaman, 5 tabel, 11 gambar, 9 lampiran

ABSTRAK

Kecemasan menjelang persalinan sering dialami ibu hamil primigravida trimester III karena belum memiliki pengalaman menghadapi proses persalinan. Prenatal yoga dan edukasi persiapan persalinan merupakan intervensi nonfarmakologis yang dapat membantu menurunkan kecemasan, namun penelitian yang membandingkan efektivitas keduanya masih terbatas. Penelitian ini bertujuan untuk mengetahui perbedaan efektivitas prenatal yoga dan edukasi persiapan persalinan terhadap tingkat kecemasan ibu hamil primigravida di TPMB Rosita Kota Pekanbaru. Penelitian ini menggunakan desain *quasi-eksperimen* dengan pendekatan *two group pretest-posttest*. Sampel berjumlah 20 ibu hamil primigravida usia kehamilan 28–42 minggu yang dipilih menggunakan teknik purposive sampling. Tingkat kecemasan diukur menggunakan kuesioner *Hamilton Anxiety Rating Scale* (HARS) sebelum dan sesudah intervensi. Data dianalisis menggunakan *Independent Sample T-Test*. Hasil penelitian menunjukkan rata-rata skor kecemasan kelompok prenatal yoga menurun dari 27,20 (kategori berat) menjadi 17,80 (kategori ringan), sedangkan kelompok edukasi persiapan persalinan menurun dari 24,90 (kategori berat) menjadi 20,20 (kategori sedang). Hasil uji *Independent Sample T-Test* menunjukkan perbedaan yang signifikan antara efektivitas prenatal yoga dan edukasi persiapan persalinan dalam menurunkan tingkat kecemasan ibu primigravida, dengan nilai $p = 0,006$ ($p < 0,05$). Penurunan kecemasan pada kelompok prenatal yoga lebih besar dibandingkan kelompok edukasi persiapan persalinan. Dapat disimpulkan bahwa prenatal yoga lebih efektif dalam menurunkan tingkat kecemasan ibu hamil primigravida. Tenaga kesehatan di TPMB Rosita Kota Pekanbaru diharapkan dapat mengoptimalkan prenatal yoga sebagai upaya promotif dan preventif dalam menurunkan tingkat kecemasan ibu hamil primigravida menjelang persalinan, khususnya pada pelayanan antenatal care trimester III.

Kata Kunci: prenatal yoga; edukasi persiapan persalinan; kecemasan; primigravida trimester III

Daftar bacaan: 56 Referensi (2013 – 2025)

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**THE EFFECTIVENESS OF PRENATAL YOGA AND CHILDBIRTH
PREPARATION EDUCATION ON ANXIETY LEVELS AMONG
PRIMIGRAVIDA PREGNANT WOMEN AT ROSITA INDEPENDENT
MIDWIFERY PRACTICE, PEKANBARU CITY**

xiv + 76 pages, 5 tables, 11 figures, 9 appendices

ABSTRACT

Anxiety leading up to childbirth is frequently experienced by primigravid women in their third trimester due to a lack of prior experience with the labor process. Prenatal yoga and childbirth preparation education are non-pharmacological interventions that can help reduce anxiety; however, research comparing their relative effectiveness remains limited. This study aimed to determine the difference in effectiveness between prenatal yoga and childbirth preparation education regarding anxiety levels among primigravid women at TPMB Rosita, Pekanbaru City. A quasi-experimental design with a two-group pretest-posttest approach was employed. The sample consisted of 20 primigravid women at 28–42 weeks of gestation, selected using purposive sampling. Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HARS) questionnaire before and after the intervention. Data were analyzed using the Independent Sample T-Test. The results showed that the mean anxiety score in the prenatal yoga group decreased from 27.20 (severe category) to 17.80 (mild category), while the score in the childbirth preparation education group decreased from 24.90 (severe category) to 20.20 (moderate category). The Independent Sample T-Test results indicated a significant difference in effectiveness between prenatal yoga and childbirth preparation education in reducing anxiety levels among primigravid women ($p = 0.006$; $p < 0.05$). The reduction in anxiety was greater in the prenatal yoga group compared to the childbirth preparation education group. It is concluded that prenatal yoga is more effective in reducing anxiety levels among primigravid women. Healthcare providers at TPMB Rosita, Pekanbaru City, are encouraged to optimize prenatal yoga as a promotional and preventive measure to reduce anxiety levels in primigravid women approaching childbirth, particularly within third-trimester antenatal care services.

Keywords: prenatal yoga, childbirth preparation education, anxiety, third-trimester primigravida

References: 56 References (2013 – 2025)