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## ***Influence of Yoga Prenatal to The Anxiety Level of Pregnant Women Primigravidarum The Thirth Trimester in Working Area of Bangsongan Public Health Center, Kediri***

### ***Pengaruh Prenatal Yoga Terhadap Tingkat Kecemasan Ibu Hamil Primigravidarum Trimester III di Wilayah Kerja Puskesmas Bangsongan Kediri***

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#### **Abstract**

*The Pregnant women anxiety will effect the physically and fisically's condition of baby and mother. The anxiety can be caused by the long duration of labour process especially primigravidarum pregnancy women. The Purpose to know the influence of yoga prenatal toward the anxiety level of third semester primigravidarum mother. The Method of this research study was pre post test control group. The samples were 32 respondent, consist of 16 treatment group and 16 control group. This research used wilcoxon test to analyze the data. The Result of the research shows the influence of yoga prenatal toward the anxiety level of trimester III primigravidarum pregnancy women in Puskesmas Bangsongan of treatment group ( $p < 0.05$ ); there were no influence of yoga prenatal toward the anxiety level of trimester III primigravidarum pregnancy women in Puskesmas Bangsongan of control group ( $p > 0.05$ ) and there were the different anxiety of trimester III primigravidarum pregnant women anxiety level before and after yoga prenatal in Puskesmas Bangsongan ( $p = 0.000$ ). Thus, it Concluded that yoga prenatal influences to decrease the anxiety of trimester III primigravidarum pregnant woman's anxiety level.*

Keyword : Yoga, Prenatal, Anxiety, Pregnant, Woman, Primigravidarum, ,

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