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Table of Contents

No.	Title	Page
1	Relationship of Individual Characteristics and Work Attitudes to Musculoskeletal Complaints among Batik Handicraftsmen in Virdes Batik Collection	1 - 9
2	Environmental Health Inspection of Elementary School in The Working Area of Mojopanggung Public Health Center, Banyuwangi	10 - 18
3	Social Determinants of Women's Vulnerability to The Transmission of Sexually Transmitted Infections and Human Immunodeficiency Viruses	19 - 31
4	Evaluate The Implementation of Certification of Home Industry Food Production Certification in Banyuwangi	32 - 46
5	Description of Knowledge, Attitudes and Behavior of Genetalia External Organ Personal Hygiene for Student of Class The Seventh and The Eighth in Junior High School of Al Irsyad Al Islamiyyah Banyuwangi in 2017	47 - 54
6	Effect of Tai Chi Gymnastics on The Flexibility and Strength of Limb Muscles among Elderly at HKBP Church in West Bandung	55 - 61
7	Effectiveness of Health Education in Peer Group Education Method with Using Demonstration Method on Breast Self Examination Skills	62 - 67
8	Influence of Yoga Prenatal to The Anxiety Level of Pregnant Women Primigravidarum The Third Trimester in Working Area of Bangsongan Public Health Center, Kediri	68 - 72

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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