

## BERSALIN DI PUSKESMAS MERGANGSAN DAN TEGALREJO YOGYAKARTA

Priyani Haryanti<sup>1</sup>, Diah Rumekti Hadiati<sup>2</sup>, Wenny Artanty Nisman<sup>3</sup>

### ABSTRAK

**Latar belakang,** ibu bersalin di memberikan respon yang berbeda, beberapa berteriak dan menangis kesakitan. Berdasarkan studi literatur penulis belum menemukan penelitian tentang pengaruh yoga pada ibu bersalin di Yogyakarta. Tujuan penelitian untuk mengetahui pengaruh yoga pada nyeri dan kecemasan ibu bersalin di Puskesmas Mergangsan dan Tegalrejo Yogyakarta.

**Metode,** desain *Randomized Control Trial*. Enam puluh responden dilakukan random alokasi, dimasukkan dalam kelompok intervensi (n=30) dan kontrol (n=30). Instrumen penelitian ini menggunakan *Numerical Rating Scale* dan *State Trait Anxiety Inventory*. Analisis statistik menggunakan *independent t test* dan regresi linear.

**Hasil,** Nyeri fase laten kelompok yoga lebih rendah dibanding kelompok tidak yoga ( $2 \pm 1$  vs  $4 \pm 1,6$ ). Nyeri fase aktif kelompok yoga lebih rendah dibandingkan kelompok tidak yoga ( $4,1 \pm 1,1$  vs  $7,8 \pm 1,2$ ). Nyeri fase transisi kelompok yoga lebih rendah dibandingkan kelompok tidak yoga ( $5,9 \pm 1,2$  vs  $9,7 \pm 0,5$ ). Nyeri di tiga fase memiliki *p value* 0.00 ( $p < 0.05$ ), yang berarti terdapat perbedaan yang bermakna antara nyeri fase laten, aktif dan transisi pada kelompok yoga dan tidak yoga. Kecemasan *state* pada kelompok yoga lebih rendah dibandingkan kelompok tidak yoga rerata ( $41,7 \pm 6,9$  vs  $45,9 \pm 7,9$ ). Kecemasan *state* memiliki *p value* 0,03 ( $p < 0.05$ ), hal ini berarti terdapat perbedaan bermakna kecemasan *state* pada kelompok yoga dan tidak yoga.

**Kesimpulan,** yoga selama trimester ketiga kehamilan memiliki pengaruh pada nyeri ibu bersalin fase laten, fase aktif dan fase transisi serta berpengaruh pada kecemasan *state* ibu bersalin.

Keyword: Yoga, Nyeri, Kecemasan, Bersalin

## EFFECT OF YOGA ON LABOUR PAIN AND ANXIETY AT MERGANGSAN AND TEGALREJO HEALTH CENTERS YOGYAKARTA

Priyani Haryanti<sup>1</sup>, Diah Rumekti Hadiati<sup>2</sup>, Wenny Artanty Nisman<sup>3</sup>

### ABSTRACT

**Background:** Maternal give different responses, some screaming and crying in pain. Based on literature studies the authors have not found research on the effects of yoga on maternity in Yogyakarta. The purpose of this study was to determine the effect of yoga on labour pain and anxiety at Mergangsan and Tegalrejo Health Centers Yogyakarta.

**Method:** Design Randomized Control Trial. Sixty respondents divided in to experiment groups (n=30) and control group (n=30). Research instruments of the study were Numerical Rating Scale and State Trait Anxiety Inventory. Analysis used independent t test and linear regression.

**Result:** Pain at latent phase was lower in the group with yoga than in those without yoga ( $2 \pm 1$  vs  $4 \pm 1,6$ ). Pain at active phase was lower in the group with yoga than in those without yoga ( $4,1 \pm 1,1$  vs  $7,8 \pm 1,2$ ). Pain at transition phase was lower in the group with yoga than in those without yoga ( $5,9 \pm 1,2$  vs  $9,7 \pm 0,5$ ). Pain in the three phases has a p value 0.00 ( $P < 0.05$ ), which means there was significant difference in pain at latent, active and transition phase between the group with yoga and those without yoga. State of anxiety was lower in the group with yoga than in those without yoga ( $41.7 \pm 6.9$  vs  $45.9 \pm 7.9$ ). Anxiety state have a p value 0.03 ( $p < 0.05$ ), this means there are meaningful differences anxiety state on a group yoga and those without yoga.

**Conclusion:** yoga during pregnancy may contribute on pain at latent, active, transition phase and state of anxiety.

**Keywords:** Yoga, Pain, Anxiety, Labour