DAFTAR PUSTAKA

Afonso, M.C., Clode, N. & Ayres-de-Campos, D., 2021. Clinical Assessment of Fetal Growth. In *Surveillance of Fetal Well-being*. London: The Global Library of Women's Medicine's.

Albrecht, M. and Arck, P.C. (2020) "Vertically transferred immunity in neonates: Mothers, mechanisms and mediators," *Frontiers in Immunology*, 11. Available at: https://doi.org/10.3389/fimmu.2020.00555.

Babbar, S., Parks-Savage, A. and Chauhan, S. (2012) "Yoga during pregnancy: A Review," *American Journal of Perinatology*, 29(06), pp. 459–464. Available at: https://doi.org/10.1055/s-0032-1304828.

Beddoe, A.E. *et al.* (2009) "The effects of mindfulness-based yoga during pregnancy on maternal psychological and physical distress," *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 38(3), pp. 310–319. Available at: https://doi.org/10.1111/j.1552-6909.2009.01023.x.

Biga, L.M. et al., 2019. 28.2 embryonic development. *Anatomy Physiology*. Available at: https://open.oregonstate.education/aandp/chapter/28-2-embryonic-development/ [Accessed September 19, 2022].

Biga, L.M. et al., 2019. 28.3 fetal development. *Anatomy Physiology*. Available at: https://open.oregonstate.education/aandp/chapter/28-3-fetal-development/ [Accessed September 19, 2022].

Boon, M.H. and Thomson, H. (2020) "The Effect Direction Plot Revisited: Application of the 2019 Cochrane Handbook Guidance on Alternative Synthesis Methods," *Research Synthesis Methods*, 12(1), pp. 29–33. Available at: https://doi.org/10.1002/jrsm.1458.

Centers for Disease Control and Prevention, 2022. *Physical Activity Healthy Pregnant and Postpartum Women*. [online] Available at: <https://www.cdc.gov/physicalactivity/basics/pregnancy/index.htm> [Accessed 22 July 2022].

Chuntharapat, S., Petpichetchian, W. and Hatthakit, U. (2008) "Yoga during pregnancy: Effects on maternal comfort, labor pain and birth outcomes," *Complementary Therapies in Clinical Practice*, 14(2), pp. 105–115. Available at: https://doi.org/10.1016/j.ctcp.2007.12.007.

Djalilova, D.M. *et al.* (2018) "Impact of yoga on inflammatory biomarkers: A systematic review," *Biological Research For Nursing*, 21(2), pp. 198–209. Available at: https://doi.org/10.1177/1099800418820162.

Duley, L. *et al.* (2019) "Antiplatelet agents for preventing pre-eclampsia and its complications," *Cochrane Database of Systematic Reviews*, 2019(10). Available at: https://doi.org/10.1002/14651858.cd004659.pub3.

Ekawati, F.M. *et al.* (2023) "Recommendations for improving maternal health services in Indonesian primary care under the COVID-19 pandemic: Results of a systematic review and appraisal of International Guidelines," *Sexual & Reproductive Healthcare*, 35, pp. 100–111. Available at: https://doi.org/10.1016/j.srhc.2023.100811.

Ekawati, F.M. *et al.* (2023) "Review of Systematic Review of Behavioural Intervention for Physical Activity Interventions for Pregnant Women" [Unpublished manuscript].

Fitriani, H., Setya R, A. and Keni, M. (2021) "Risk factors of preeclampsia among pregnant women in Indonesia," *KnE Life Sciences*, pp. 836–841. Available at: https://doi.org/10.18502/kls.v6i1.8761.

Gong, H. *et al.* (2015) "Yoga for prenatal depression: A systematic review and meta-analysis," *BMC Psychiatry*, 15(14). Available at: https://doi.org/10.1186/s12888-015-0393-1.

Gopalakrishnan, S. and Ganeshkumar, P., 2013. Systematic Reviews and Meta-analysis: Understanding the Best Evidence in Primary Healthcare. *Journal of the Academy of Family Physicians of India*, [online] 2(1), pp.9-14. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3894019/> [Accessed 24 July 2022].

Ha, M. (2022) *Aerobic Cellular respiration*, *Biology LibreTexts*. Libretexts. Available at: https://bio.libretexts.org/Bookshelves/Botany/Botany_(Ha_Morrow_and_Algiers)/Unit_3%3A_Plant_Physiology_and_Regulation/13%3A_Photosynthesis/13.02%3A_Aerobic_Cellular_Respiration (Accessed: March 4, 2023).

Harinath, K. *et al.* (2004) "Effects of hatha yoga and Omkar Meditation on cardiorespiratory performance, psychologic profile, and melatonin secretion," *The Journal of Alternative and Complementary Medicine*, 10(2), pp. 261–268. Available at: https://doi.org/10.1089/107555304323062257.

Hasanpoor, E., Hallajzadeh, J., Siraneh, Y., Hasanzadeh, E. and Haghgoshayie, E., 2019. Using the Methodology of Systematic Review of Reviews for Evidence-Based Medicine. *Ethiopian Journal of Health Science*, [online] 29(6), pp.775-778. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6842712/> [Accessed 26 July 2022].

Hoffmann, L. and Banse, R. (2020) "Psychological aspects of childbirth: Evidence for a birth-related mindset," *European Journal of Social Psychology*, 51(1), pp. 124–151. Available at: https://doi.org/10.1002/ejsp.2719.

Jiang, Q. *et al.* (2014) "Effects of yoga intervention during pregnancy: A review for current status," *American Journal of Perinatology*, 32(06), pp. 503–514. Available at: https://doi.org/10.1055/s-0034-1396701.

Kanojia, S. *et al.* (2013) "Effect of yoga on autonomic functions and psychological status during both phases of menstrual cycle in young healthy females," *Journal of Clinical & Diagnostic Research*, 7(10), pp. 2133–2139. Available at: https://doi.org/10.7860/jcdr/2013/6912.3451.

Kementerian Kesehatan RI, 2018. Mengenal Jenis aktivitas fisik. *Direktorat Promosi Kesehatan Kementerian Kesehatan RI*. Available at: https://promkes.kemkes.go.id/content/?p=8807 [Accessed September 19, 2022].

Kinser, P.A. *et al.* (2017) "Physical activity and yoga-based approaches for pregnancy-related low back and pelvic pain," *Journal of Obstetric, Gynecologic & Neonatal Nursing*, 46(3), pp. 334–346. Available at: https://doi.org/10.1016/j.jogn.2016.12.006.

Li, Q. (2022) "The effects of yoga exercise on pelvic floor rehabilitation of postpartum women," *Journal of Healthcare Engineering*, 2022, pp. 1–16. Available at: https://doi.org/10.1155/2022/1924232.

Lučovnik, M. *et al.* (2021) "Yoga during pregnancy: a systematic review," *Slovenian Medical Journal*, 90(3-4), pp. 150–158. Available at: https://doi.org/10.6016/zdravvestn.3039.

Mahajan, A.S. (2014) "Role of yoga in hormonal homeostasis," *International Journal of Clinical and Experimental Physiology*, 1(3), pp. 173–178. Available at: https://doi.org/10.4103/2348-8093.143474.

Mooventhan, A. (2019) "A comprehensive review on scientific evidence-based effects (including adverse effects) of yoga for normal and high-risk pregnancy-related health problems," *Journal of Bodywork and Movement Therapies*, 23(4), pp. 721–727. Available at: https://doi.org/10.1016/j.jbmt.2019.03.005.

Mujugira, A. *et al.* (2013) "Fetal head circumference, operative delivery, and fetal outcomes: A multi-ethnic population-based cohort study," *BMC Pregnancy and Childbirth*, 13(106). Available at: https://doi.org/10.1186/1471-2393-13-106.

National Health Service United Kingdom, 2020. *Exercise in pregnancy*. [online] National Health Service United Kingdom. Available at: <https://www.nhs.uk/pregnancy/keeping-well/exercise/> [Accessed 22 July 2022].

National Library of Medicine, 2022. Fetal development. *MedlinePlus*. Available at: https://medlineplus.gov/ency/article/002398.htm [Accessed September 19, 2022].

Novotney, A. (2009) *Yoga as a practice tool*, *Monitor on Psychology*. American Psychological Association. Available at: https://www.apa.org/monitor/2009/11/yoga (Accessed: February 10, 2023).

Old Dominion University, 2021. *Literature Review Research*. [online] Old Dominion University Library. Available at: <https://guides.lib.odu.edu/c.php?g=966167&p=7021863> [Accessed 24 July 2022].

Petrakova, L. *et al.* (2015) "Psychosocial stress increases salivary alpha-amylase activity independently from plasma noradrenaline levels," *PLOS ONE*, 10(8). Available at: https://doi.org/10.1371/journal.pone.0134561.

Rakhshani, A. *et al.* (2012) "The effects of yoga in prevention of pregnancy complications in high-risk pregnancies: A randomized controlled trial," *Preventive Medicine*, 55(4), pp. 333–340. Available at: https://doi.org/10.1016/j.ypmed.2012.07.020.

Roth, C.J. *et al.* (2017) "Dynamic modeling of uteroplacental blood flow in IUGR indicates vortices and elevated pressure in the intervillous space – a pilot study," *Scientific Reports*, 7(1). Available at: https://doi.org/10.1038/srep40771.

Sandrini, L. *et al.* (2020) "Impact of acute and chronic stress on thrombosis in healthy individuals and cardiovascular disease patients," *International Journal of Molecular Sciences*, 21(21), p. 7818. Available at: https://doi.org/10.3390/ijms21217818.

Sayer, A., 2022. Fetal growth and Well-Being Assessment. *Women's Imaging Services*. Available at: http://www.womensimagingservices.com.au/obstetric-ultrasound/fetal-growth-and-well-being-assessment [Accessed September 19, 2022].

Schmid, A.A. *et al.* (2019) "Yoga for people with chronic pain in a community-based setting: A feasibility and pilot RCT," *Journal of Evidence-Based Integrative Medicine*, 24. Available at: https://doi.org/10.1177/2515690x19863763.

Sharma, M. and Branscum, P. (2015) "Yoga interventions in pregnancy: A qualitative review," *The Journal of Alternative and Complementary Medicine*, 21(4), pp. 208–216. Available at: https://doi.org/10.1089/acm.2014.0033.

Shea, B. J., et al. (2021) *Assessing the methodological quality of systematic reviews*, *AMSTAR*. Bruyere Research Institute. Available at: https://amstar.ca/index.php (Accessed: April 6, 2023).

Shea, B.J. *et al.* (2017) "Amstar 2: A critical appraisal tool for systematic reviews that include randomised or non-randomised studies of healthcare interventions, or both," *BMJ*, p. 358. Available at: https://doi.org/10.1136/bmj.j4008.

Smith, V., Devane, D., Begley, C. and Clarke, M., 2011. Methodology in conducting a systematic review of systematic reviews of healthcare interventions. *BMC Medical Research Methodology*, [online] 11(15). Available at: <https://bmcmedresmethodol.biomedcentral.com/articles/10.1186/1471-2288-11-15> [Accessed 26 July 2022].

Swartz, M.K. (2011) "The prisma statement: A guideline for systematic reviews and meta-analyses," *Journal of Pediatric Health Care*, 25(1), pp. 1–2. Available at: https://doi.org/10.1016/j.pedhc.2010.09.006.

State Government of Victoria, 2017. Pregnancy and Exercise. *Better Health Channel*. Available at: https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-and-exercise#exercise-suggestions-during-pregnancy [Accessed September 19, 2022].

Steel, A. *et al.* (2014) "Relationship between complementary and alternative medicine use and incidence of adverse birth outcomes: An examination of a nationally representative sample of 1835 Australian women," *Midwifery*, 30(12), pp. 1157–1165. Available at: https://doi.org/10.1016/j.midw.2014.03.015.

Tannenbaum, M. and Sebastian, S., 2021. *Levels of Evidence*. [online] OpenMD. Available at: <https://openmd.com/guide/levels-of-evidence> [Accessed 25 July 2022].

Tara, F., Sharifi, M. and Hoseini, E. (2015) "Valsalva retinopathy in pregnancy: A case report," *BMC Research Notes*, 8(67). Available at: https://doi.org/10.1186/s13104-015-1029-8.

The American College of Obstetricians and Gynecologist, 2022. *Exercise During Pregnancy Frequently Asked Questions*. [online] Available at: <https://www.acog.org/womens-health/faqs/exercise-during-pregnancy> [Accessed 22 July 2022].

Tricco, A.C. *et al.* (2018) "Prisma extension for scoping reviews (PRISMA-SCR): Checklist and explanation," *Annals of Internal Medicine*, 169(7), pp. 467–473. Available at: https://doi.org/10.7326/m18-0850.

Uman, L., 2011. Systematic Reviews and Meta-Analyses. *Journal of the Canadian of Child and Adolescent Psychiatry*, [online] 20(1), pp.57-59. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3024725/> [Accessed 24 July 2022].

von Krogh, K. *et al.* (2019) "Cortisol differentially affects cell viability and reproduction-related gene expression in Atlantic cod pituitary cultures dependent on stage of sexual maturation," *Comparative Biochemistry and Physiology Part A: Molecular & Integrative Physiology*, 236, p. 110517. Available at: https://doi.org/10.1016/j.cbpa.2019.06.017.

Wang, W.-S., Guo, C.-M. and Sun, K. (2020) "Cortisol regeneration in the fetal membranes, a coincidental or requisite event in human parturition?," *Frontiers in Physiology*, 11. Available at: https://doi.org/10.3389/fphys.2020.00462.

Widyaputri, F. *et al.* (2022) "Prevalence of diabetes in pregnancy and microvascular complications in native Indonesian women: The Jogjakarta diabetic retinopathy initiatives in pregnancy (jog-drip)," *PLOS ONE*, 17(6). Available at: https://doi.org/10.1371/journal.pone.0267663.

Yadav, R.K. *et al.* (2012) "Efficacy of a short-term yoga-based lifestyle intervention in reducing stress and inflammation: Preliminary results," *The Journal of Alternative and Complementary Medicine*, 18(7), pp. 662–667. Available at: https://doi.org/10.1089/acm.2011.0265.

Zawieja, D.C. (2009) "Contractile physiology of Lymphatics," *Lymphatic Research and Biology*, 7(2), pp. 87–96. Available at: https://doi.org/10.1089/lrb.2009.0007.