

INTISARI

Pengaruh Prenatal Yoga terhadap *Maternal Fetal Attachment* dan *Maternal Self Efficacy* pada Ibu Hamil di Kabupaten Sleman

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Latar Belakang: Ibu hamil perlu menjaga dan meningkatkan status kesehatannya selama kehamilan. Prenatal yoga merupakan salah satu olahraga ringan yang dapat dilakukan untuk meningkatkan *maternal fetal attachment* dan *maternal self efficacy* pada ibu hamil.

Tujuan: Penelitian dilakukan untuk mengetahui pengaruh prenatal yoga terhadap *maternal fetal attachment* dan *maternal self efficacy* pada ibu hamil di Kabupaten Sleman.

Metode: Penelitian *quasy experiment nonequivalent control group design with pre-test and post-test* ini melibatkan 66 ibu hamil yang dibagi menjadi kelompok intervensi (prenatal yoga yang dilakukan 1x/minggu selama 4 minggu) dan kelompok kontrol (perawatan ANC rutin). Penelitian dilakukan di empat puskesmas di Kabupaten Sleman, pada Januari–Maret 2025. Data dikumpulkan melalui pengisian kuesioner *Indonesian Prenatal Attachment Inventory (IPAI)* dan *The Short Form of the Childbirth Self Efficacy Inventory (CBSEI-C32)*. Analisis data menggunakan *unpaired t-test* untuk membandingkan skor *maternal fetal attachment* dan *Mann Whitney* untuk membandingkan skor *maternal self efficacy* antar dua kelompok.

Hasil: Hasil menunjukkan bahwa ada perbedaan bermakna skor *maternal fetal attachment* antar kedua kelompok ($p = 0,015$), rata-rata skor kelompok intervensi 69,97 dan pada kelompok kontrol 64,45. Kemudian hasil menunjukkan tidak terdapat perbedaan bermakna skor *maternal self efficacy* ($p=0,109$), nilai median kelompok intervensi adalah 300 dan kelompok kontrol 291.

Kesimpulan: Prenatal yoga efektif meningkatkan *maternal fetal attachment*, tetapi tidak efektif dalam meningkatkan *maternal self efficacy*. Prenatal yoga dapat menjadi salah satu pilihan dalam melakukan olahraga ringan untuk ibu hamil.

Kata Kunci: *Maternal Fetal Attachment*, *Maternal Self Efficacy*, Prenatal Yoga

ABSTRACT

The Effect of Prenatal Yoga on Maternal Fetal Attachment and Maternal Self Efficacy in Pregnant Women in Sleman Regency

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Background: Pregnant women need to maintain and improve their health status during pregnancy. Prenatal yoga is one of exercises that can be done to improve maternal fetal attachment and maternal self-efficacy in pregnant women.

Objective: The study was conducted to determine the effect of prenatal yoga on maternal fetal attachment and maternal self-efficacy in pregnant women in Sleman Regency.

Method: This quasi-experimental nonequivalent control group design study with pre-test and post-test involved 66 pregnant women who were divided into an intervention group (prenatal yoga; once a week for 4 weeks) and a control group (routine ANC care). The study was conducted in four health centers in Sleman Regency, in January-March 2025. Data were collected by filling out the Indonesian Prenatal Attachment Inventory (IPAI) and The Short Form of the Childbirth Self Efficacy Inventory (CBSEI-C32) questionnaires. Data analysis used unpaired t-test to compare maternal fetal attachment scores and Mann Whitney to compare maternal self efficacy scores between the two groups.

Results: The results showed that there was a significant difference in maternal fetal attachment scores between the two groups ($p = 0.015$), the average score of the intervention group was 69.97 and in the control group 64.45. Then the results showed that there was no significant difference in maternal self-efficacy scores ($p = 0.109$), the median value of the intervention group was 300 and the control group 291.

Conclusion: Prenatal yoga has an effective effect on increasing maternal fetal attachment, but has no effect on maternal self-efficacy. Prenatal yoga can be one of the choices in doing light exercise for pregnant women.

Keywords: Maternal Fetal Attachment, Maternal Self Efficacy, Prenatal Yoga