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## **Description of Knowledge and Attitudes of Pregnant Women in The Third Trimester of Yoga Exercise at The Midwife Clinic Hj.Titis Arida Suliantari Sukasari Kec.Tangerang**

Yanasita Mafluha  
e-mail : [ymafluha@gmail.com](mailto:ymafluha@gmail.com)  
Assyifa Midwifery Academy Tangerang, Indonesia

### **Abstract**

Yoga is a sport that pregnant women can do. Yoga exercise for pregnancy can help balance the body, mind and spirit. During pregnancy should try to stay physically healthy and emotionally balanced, and can help to generate calming beliefs. From the results of the preliminary study, it was found that 7 out of 10 pregnant women in the trimester III at the midwife clinic Hj.Titis Arida Suliantari Sukasari, Kec.Tangerang with “sufficient” knowledge in trimester III pregnant women about yoga exercise. The aim of this study is to find an overview of the knowledge of pregnant women in the trimester III of yoga exercise at the midwife clinic Hj.Titis Arida Suliantari Sukasari Kec.Tangerang in 2022. The type research used is qualitative and descriptive research design. Total sampling technique, research sample 30 person trimester III pregnant women. The variable used in this study was the single variabel instrument in this study using a questionnaire. Result shows that the level of knowledge of pregnant women in the trimester III of yoga exercise from 30 respondents in the “good” category of 11 respondents (36,7%), the “sufficient” category namely 14 respondents (46,7%), the “lack” category namely 5 respondents (16,7%). In general, knowledge of pregnant women in the trimester III of yoga exercise is in the “adequate” category. But not a few of them fall into the “good” and “less” categories. This needs attention, and it is hoped that pregnant women in the trimester III can care more about one of these promkes.

**Keyword:** Knowledge, Attitudes, Trimester III Pregnant Women, Knowledge, Yoga Exercise.

### **Introduction**

The anxiety experienced by pregnant women is caused by an increase in the hormone progesterone. Apart from making pregnant women feel anxious, the increase in hormones also causes emotional disturbances and makes pregnant women tired quickly. The hormone that increases during pregnancy is the adrenaline hormone. Regular yoga

practice can balance the autonomic nervous system, so that the body becomes more relaxed and the release of hormones that play a role in increasing blood pressure, such as adrenaline and epinephrine, is more controlled.

Currently, yoga exercises are popular with people in many regions in Indonesia. This is because yoga is believed to provide physical and mental

health. Yoga exercises provide a lot of positive energy, even if done with focus it will create harmony and balance between mind, soul and body.

Practicing yoga exercises at this time is one of the self-help solutions that supports the process of pregnancy, birth and even parenting which can be done in antenatal classes, which are a means for group learning about the health of pregnant women, in face-to-face form with the aim of increasing knowledge and skills. regarding pregnancy, childbirth, postpartum care and newborn care.

For many midwives and women, complementary midwifery services are an option to reduce medical intervention during pregnancy and childbirth, and based on experience this is quite helpful. However, most of these therapies are not considered meaningful in conventional medicine.

This is due to the dearth of clinical evidence and published information regarding the effectiveness of complementary midwifery services in pregnancy, childbirth and the postpartum period. However, as mentioned in the first paragraph, there has been a sharp increase in the amount and variety of information regarding obstetric complementary therapy over the last decade.

Yoga is one sport that can be done by pregnant women. Yoga exercises during pregnancy can help balance the body, mind and spirit. During pregnancy you should try to stay physically healthy and emotionally balanced, and this can help to create a calming state of mind. The postures in yoga can also increase flexibility in the hips, pelvis and spine, apart from that it will also strengthen the entire body so that it can help mothers become flexible, strong and emotionally steadfast.

Pregnancy yoga is very beneficial for the process of pregnancy and childbirth. Pregnancy yoga is not just movement, but also breathing exercises, relaxation, meditation, and communicating with the baby. Most people only feel comfortable moving more actively after entering the second trimester. Because in the first 3 months there were many complaints such as nausea or dizziness.

Pregnant women really dream of a healthy pregnancy. To be able to have a healthy pregnancy, pregnant women can do yoga exercises. Yoga has been known and practiced for thousands of years and studies the body and mind.

Pregnancy is a beautiful period, but major changes in the body in a very short time often cause several disorders and complaints that reduce the enjoyment of pregnancy, so pregnant women need to know about yoga exercises for pregnancy because yoga exercises can provide health, calm and happiness anywhere. the mind becomes more focused, concentrates in daily life and reduces complaints that occur during pregnancy and childbirth. In fact, even though there are yoga exercises for pregnant women, there are still many pregnant women who don't know about yoga exercises for pregnancy because the classes for pregnant women only explain pregnancy in general and pregnancy exercises only. Meanwhile, yoga exercises, if applied and done regularly, will provide many benefits for both mother and baby.

Pregnant women need to gain insight into yoga exercises because yoga exercises have many benefits for both mother and baby and are one of the best ways for pregnant women to stay fit during pregnancy and really support the birthing process. Apart from that, yoga exercises include various relaxations, adjusting posture, managing breath. and meditation for one hour regularly every day, with yoga exercises done regularly

can maintain the elasticity and strength of the pelvic ligaments, hips and leg muscles.

The author made initial observations at the Midwife Clinic Hj. Titis Arida Suliantari Sukasari District. Tangerang in 2022, as many as 10 pregnant women in the third trimester gave interviews (orally) about the meaning and benefits of yoga exercises. The results showed that out of 10 pregnant women, 7 of the pregnant women did not know the meaning and benefits of yoga exercises for pregnant women.

The aim of this study is to find an overview of the knowledge of pregnant women in the third trimester of yoga exercise at the midwife clinic Hj. Titis Arida Suliantari Sukasari Kec. Tangerang in 2022

## Method

This research design is analytical with a cross sectional approach. The population of this study consisted of 30 respondents. The sample in this study was 30 third trimester pregnant women who visited the Hj. Titis Arida Suliantari Sukasari Midwife Clinic, Sukasari District. Tangerang. The sampling technique in this research was total sampling. The independent variables are knowledge, age, social media. Dependent Variable third trimester pregnant women who do yoga exercises. In this research, the instrument used for data collection was a questionnaire. How to fill out the questionnaire by giving a mark ( ) to the answer that is considered correct. Positive statements, if the answer is correct get 1 mark and wrong answers get 0 mark and negative questions, if the answer is wrong get 1 mark and if the answer is correct get 0 mark.

## Results

Table 1 Frequency Distribution of Descriptions Based on Mother's Age

No	Age	Amount	Percentage
1.	<20	5	16,7%
2.	20-35	25	83,3%
3.	>35	0	0
	Total	30	100%

The results of the analysis in the table above show that the age group of respondents <20 years is 5 respondents (16.7%), the age group of respondents 20-35 years is 25 respondents (83.3%), the age group of respondents >35 years is zero ( There isn't any). So it can be concluded that most of the respondents in this study were aged 20-35 years.

Table 2 Frequency Distribution of Descriptions Based on Mother's Education

No	Education	Amount	Percentage
1	Low	12	40%
2.	Intermediate	18	60%
3.	High	0	0
	Total	30	100%

The results of the analysis in the table above show that 12 respondents (40%) had low education, 18 respondents had secondary education (60%), zero (none) had higher education. So it can be concluded that most of the respondents in this study had secondary education.

Table 3 Frequency Distribution of Descriptions Based on Mother's Source of Information

No	Resources	Amount	Percentage
1.	Health workers	10	33,3%
2.	Surrounding environment	18	60%
3.	Electronic Media	2	6,7%
	Total	30	100%

The results of the analysis in the table above show that the source of information for health workers was 10 respondents (33.3%), the source of information about the environment around the respondents was 18

respondents (60%), the source of electronic media information was 2 respondents (6.7%). So it can be concluded that most of the respondents in this study were sources of information about the surrounding environment.

Table 4 Frequency Distribution of Descriptions Based on Mother's Knowledge

No	Knowledge	Amount	Percentage
1.	Good	11	36,7%
2.	Enough	14	46,7%
3.	Not enough	5	16,7%
	Total	30	100%

The results of the analysis in the table above show that 11 respondents had good knowledge (36.7%), 14 respondents had sufficient knowledge (46.7%), 5 respondents had poor knowledge (16.7%). So it can be concluded that most of the respondents in this study had sufficient knowledge.

Table 5 Frequency Distribution of Descriptions Based on Mother's Attitude

No	Attitude	Amount	Percentage
1.	Don't agree	20	66,7%
2.	Agree	10	33,3%
	Total	30	100%

The results of the analysis in the table above show that 20 respondents (66.7%) had negative maternal attitudes, 10 respondents (33.3%) had positive maternal attitudes. So it can be concluded that the majority of respondents in this study had negative maternal attitudes.

Table 6 Frequency Distribution of Descriptions Based on Mother's Implementation

No	Implementation Mother	Amount	Percentage
1.	Once	5	16,7%
2.	Never	25	83,3%
	Total	30	100%

The results of the analysis in the table above show that 5 respondents (16.7%) had never responded to the mother's implementation, 25 respondents (83.3%) had never responded to the mother's implementation. So it can be concluded that the majority of respondents in this study never carried out mothers.

## Discussion

### 1. Age

The research results in table 1 show that out of 30 respondents, it shows that the majority of mothers are aged 20-35, with 25 respondents (83.3%). Age is the age that is calculated from the time of birth until the time one has one's birthday. The older one is, the level of maturity and strength a person will be in thinking and working. In previous research, it was found that from 40 respondents there were respondents aged <20 years amounting to (30%), those aged 25-30 years amounting to (57.5%), and those aged >35 years amounting to (12.5%).

### 2. Education

The research results in table 2 show that from 30 respondents, it shows that the majority of mothers had secondary education, 18 respondents (60%) while 12 respondents (40%) had low education. The process of changing a person's behavior and attitudes in maturing humans through teaching and training. Last research had found that out of 40 respondents there were respondents with low education as many as (32.5%) respondents, secondary education as many as (60%) respondents, higher education as many as (7.5%) respondents.

### 3. Information Source

The research results in table 3 show that out of 30 respondents, it shows that the majority of mothers get sources of

information through health workers (TK) as many as 10 respondents (33.3%), sources of information through the surrounding environment (LS) as many as 18 respondents (60%), sources information via electronic media (MK) as many as 2 respondents (6.7%). Information is a person, object or place where the information appears, is obtained or arrives and the object that receives it will gain insight. Last research had found that out of 38 respondents there were respondents who had sources of information in the form of textbooks as many as (68.42%) respondents, who had sources of information using references as many as (21.05%) respondents, and who had as a source of information using magazines (10.53%) of respondents.

#### 4. Knowledge

The research results in table 4 show that out of 30 respondents, it shows that the majority of mothers, 11 respondents (36.7%) have good knowledge, 14 respondents (46.7%) have sufficient knowledge, 5 respondents (16.7%) have poor knowledge. Knowledge is the result of human sensing, or the result of a person's knowledge of objects through the senses they have (eyes, nose, ears, and so on). Last research had found that out of 40 respondents, there were (55%) respondents who had sufficient knowledge, (27.5%) respondents had good knowledge, and (17.5%) respondents had less knowledge.

#### 5. Attitude

The research results in table 5 show that out of 30 respondents, it shows that the majority of mothers, 20 respondents (66.7%) have a negative attitude, while 10 respondents (33.3) have a positive attitude. Attitudes are behavior or movements that appear or are displayed in interaction with the social

environment. In this interaction there is a process of mutual response and mutual influence and mutual adjustment to the social environment. Last research was found that out of 55 respondents there were respondents who had positive attitudes (65.5%) of respondents, and respondents who had negative attitudes (34.5%) of respondents.

#### 6. Implementation

The research results in table 6 show that out of 30 respondents, it shows that the majority of mothers have done yoga exercises, 5 respondents (16.7%), 25 respondents (83.3%) have never done yoga exercises. Implementation is the process, method, or act of carrying out (plans, decisions, etc.). Last research had found that out of 55 respondents, there were (41.8%) respondents who did pregnancy exercise and (58.2%) respondents did not do pregnancy exercise.

#### Conclusion

1. Frequency distribution based on the description of the mother's age regarding yoga exercise based on the majority aged 20-35 years as many as 25 people (83.3%).
2. Frequency distribution based on a description of maternal education regarding yoga exercises based on the education of the majority of mothers with secondary education as many as 18 people (60%).
3. Frequency distribution based on a description of mothers' sources of information about yoga exercises. Based on information sources, the majority of mothers got information sources through the surrounding environment (LS) as many as 18 people (60%).
4. Frequency distribution based on a description of the mother's knowledge about yoga exercises based on the

mother's knowledge being quite knowledgeable was 14 people (46.7%).

5. Frequency distribution based on a description of mothers' attitudes about yoga exercise based on the attitudes of the majority of mothers having a negative attitude, 20 people (66.7%).
6. Frequency distribution based on descriptions of mothers' implementation of yoga exercises. Based on the implementation, the majority of mothers have never carried out yoga exercises, 25 people (83.3%).

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