



The Effect of Pregnancy Yoga on Discomfort and Anxiety in Facing Childbirth at the JNC Clinic, Metro City

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ABSTRACT

Pregnancy yoga is one of the measures to facilitate and help anticipate the inevitable changes that come with the arrival of new life to prevent discomfort and anxiety. Anxiety data in the world shows an average of 15.6% of pregnant women experience psychological disorders. In China, 5.3% of pregnant women experience symptoms of depression, 6.8% experience anxiety, 2.4% experience physical discomfort, and in Indonesia, 26.8% experience anxiety before childbirth. The purpose of the study was to determine the average difference before and after doing pregnancy yoga on discomfort and anxiety in facing childbirth in third-trimester pregnant women. This was quantitative research with a pre-experimental pre-test post-test design with one group. The sample consisted of 38 third-trimester pregnant women who were given pregnancy yoga 4 times. The sampling technique used was purposive sampling. Univariate and bivariate dependent t-test data analysis was performed. In conclusion, there is a difference in the average yoga exercise on discomfort and anxiety in third-trimester pregnant women. Advice for pregnant women, pregnancy yoga can be used as a good and safe exercise choice in overcoming discomfort and anxiety.

Keywords: *Pregnancy yoga, Discomfort, Anxiety*

1. INTRODUCTION

Pregnancy is a process in a woman's life, where major changes occur in physical, mental, and social aspects. These changes cannot be separated from the influencing factors, which can be physical, environmental, socio-cultural, and economic factors. Each factor influences each other because they are interrelated and can be a causal relationship (Gultom, 2020).

World Health Organization (WHO) data in 2013 on anxiety in several developing countries in the world shows that on average, 15.6% of pregnant women experience psychological disorders, including 18.2% in Uganda, 19% in Zimbabwe, and 41% in South Africa. Meanwhile, in the United Kingdom,

8.1% of pregnant women experience psychological disorders, in France, 7.9% of primigravidas experience anxiety during pregnancy, 11.8% experience depression during pregnancy, and 13.2% experience anxiety and depression (Arikalang, 2023).

A study in China describes that 5.3% of pregnant women experience symptoms of depression, 6.8% experience anxiety, 2.4% experience physical discomfort, 2.6% experience insomnia, and 0.9% experience Post-Traumatic Stress Disorder (PTSD) compared to non-pregnant women.

Data on pregnant women in Indonesia who experience anxiety before childbirth is 26.8% (Arikalang, 2023).

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During pregnancy, women experience discomfort from the first to the third trimester. This discomfort occupies the mother's attention if she lacks knowledge and experience regarding pregnancy. Anxiety and stress begin to appear in the third trimester as the mother's pregnancy discomfort increases and the delivery process approaches (Winarni, 2023).

The impact of anxiety based on research shows that the more vulnerable the stress level experienced by pregnant women, the more vulnerable the possibility of preeclampsia and asphyxia in newborns. With an average preeclampsia of 1.20 and a p-value of $0.000 < 0.05$, and an average incidence of asphyxia in newborns of 1.25 and a p-value of $0.000 < 0.05$ (Uli & Herni, 2023).

Efforts that can be made to prevent discomfort and anxiety are by doing prenatal yoga because, in addition to being beneficial, yoga can create "space" for the mother and fetus to breathe comfortably, train pelvic floor muscles to be more elastic and strong, and perform restorative and relaxation postures that are useful in facing childbirth (Shindhu, 2014). Yoga can facilitate and help anticipate the inevitable changes that come with the arrival of new life (Aprilia, 2020).

Prenatal yoga has great advantages and benefits compared to similar exercise activities, especially pregnancy exercise. Mothers who do prenatal yoga show more self-confidence and body image, feel more fit with the asana exercise session because the mother's muscles become more relaxed, and the relaxation and meditation sessions make the mother comfortable so that mothers often apply this technique at home. In essence, prenatal yoga has the principle of uniting body, mind, and soul so that the application of these principles allows the mother to enjoy the course of pregnancy and enjoy every moment with her baby during pregnancy (Dewi, 2018).

Based on a preliminary study conducted at the JNC clinic, the results showed that the number of pregnant women who did prenatal

yoga was 20 every week. The results of interviews with 10 third-trimester pregnant women who were having their pregnancy checked at the JNC clinic showed that 3 pregnant women complained of back pain and difficulty sleeping during this third trimester of pregnancy, 4 pregnant women complained of pain in the genital area so that the mother felt pain when walking or sitting, while 3 pregnant women had difficulty sleeping at night. Of the 10 pregnant women, 6 of them routinely did prenatal yoga, and 4 mothers rarely did prenatal yoga because they were busy working. This becomes a physiological complaint in pregnant women, but it needs to be treated to reduce complaints.

2. RESEARCH METHOD

This research is a quasi-experimental study with a one-group pre-test post-test design. The study was conducted at the JNC Clinic, Metro City, from July to August 2023. The population in this study was all third-trimester pregnant women who participated in pregnancy yoga exercises at the JNC Clinic, Metro City, totaling 54 pregnant women. The sampling technique used was purposive sampling with inclusion criteria of third-trimester pregnant women who were willing to be cooperative and obedient respondents and regularly participated in yoga exercises at least 4 times with a duration of 2 hours guided by a certified prenatal yoga facilitator. Data collection time used the Numeric Rating Scale questionnaire to measure low back pain and symphysis pubis pain, the Pittsburgh Sleep Quality Index (PSQI) questionnaire to measure sleep quality, and the HARS anxiety questionnaire to measure anxiety in pregnant women facing childbirth. The data analysis used was univariate (discomfort and anxiety before and after being given yoga therapy) and bivariate using the dependent t-test (comparing the state of discomfort and anxiety before and after yoga therapy).

3. RESULTS AND DISCUSSION

3.1. Univariate

Table 1. The average difference in low back pain discomfort scores before and after doing pregnancy yoga

Low Back Pain Discomfort	n	Mean	SD	Min	Max	95%CI
Pre tes	38	3.89	2.14	0	10	3.19 – 4.6
Post tes	38	2.26	1.58	0	8	1.74 – 2.79

Based on the table above, the average low back pain discomfort score before doing pregnancy yoga was 3.89 with a standard deviation of 2.14, and after doing pregnancy yoga, it was 2.26 with a standard deviation of 1.58.

Table 2. The average difference in symphysis pubis pain discomfort scores before and after doing pregnancy yoga

Symphysis Discomfort	Pubis Pain	n	Mean	SD	Min	Max	95%CI
Pre tes		38	2.92	2.32	0	10	2.16 - 3.69
Post tes		38	1.71	1.76	0	8	1.13 – 2.29

Based on the table above, the average symphysis pubis pain discomfort score before doing pregnancy yoga was 2.92 with a standard deviation of 2.32, and after doing pregnancy yoga, it was 1.71 with a standard deviation of 1.76.

Table 3. The average difference in sleep quality discomfort scores before and after doing pregnancy yoga

Sleep Quality Discomfort	n	Mean	SD	Min	Max	95%CI
Pre tes	38	9.37	2.38	5	15	8.58- 10.15
Post tes	38	6.42	1.71	4	10	5.86 – 6.99

Based on the table above, the average sleep quality discomfort score before doing pregnancy yoga was 9.37 with a standard deviation of 2.38, and after doing pregnancy yoga, it was 6.42 with a standard deviation of 1.71.

Table 4. The average difference in anxiety scores in facing childbirth before and after doing pregnancy yoga

Anxiety in Facing Childbirth	n	Mean	SD	Min	Max	95%CI
Pre tes	38	20.03	12.55	2	47	15.9 – 24.15
Post tes	38	7.34	6.80	0	31	5.11 – 9.58

Based on the table above, the average anxiety score in facing childbirth before doing pregnancy yoga was 20.03 with a standard deviation of 12.55, and after doing pregnancy yoga, it was 7.34 with a standard deviation of 6.80.

3.2. Bivariate

Table 5. The effect of pregnancy yoga on reducing low back pain discomfort in third-trimester pregnant women at the JnC Clinic, Metro City, in 2023

Low Back Pain Discomfort Variable	n	Mean	SD	SE	p-value
Pre test	38	3.89	2.14	0.34	<0.0001
Post tes	38	2.26	1.58	0.25	

Based on the table above, the average low back pain in pregnant women before yoga was 3.89 with a standard deviation of 2.14. After yoga, the average low back pain was 2.26 with a standard deviation of 1.58. The mean difference in low back pain before and after yoga is 1.63. The statistical test results obtained a p-value of < 0.0001, which means that there is a significant difference between maternal low back pain before and after yoga.

Table 6. The effect of pregnancy yoga on reducing symphysis pubis pain discomfort in third-trimester pregnant women at the JnC Clinic, Metro City, in 2023

Symphysis Pubis Pain Discomfort Variable	n	Mean	SD	SE	p-value
Pre test	38	2.92	2.32	0.37	<0.0001
Post tes	38	1.71	1.76	0.28	

Based on the table above, the average symphysis pubis pain in pregnant women before yoga was 2.92 with a standard deviation of 2.32. After yoga, the average symphysis pubis pain was 1.71 with a standard deviation of 1.76. The mean difference in symphysis pubis pain before and after yoga is 1.21. The statistical test results obtained a p-value of < 0.0001, which means that there is a significant difference between maternal symphysis pubis pain before and after yoga.

Table 7. The effect of pregnancy yoga on reducing sleep quality discomfort in third-trimester pregnant women at the JnC Clinic, Metro City, in 2023

Sleep Quality Discomfort Variable	n	Mean	SD	SE	p-value
Pre test	38	9.37	2.38	0.38	<0.0001
Post tes	38	6.42	1.71	0.27	

Based on the table above, the average sleep quality in pregnant women before yoga was 9.37 with a standard deviation of 2.38. After yoga, the average sleep quality was 6.42 with a standard deviation of 1.71. The mean difference in sleep quality before and after yoga is 2.95. The statistical test results obtained a p-value of < 0.0001, which means that there is a significant difference between maternal sleep quality before and after yoga.

Table 8. The effect of pregnancy yoga on anxiety in facing childbirth in third-trimester pregnant women at the JnC Clinic, Metro City, in 2023

Anxiety Variable	n	Mean	SD	SE	p-value
Pre test	38	20.03	12.55	2.03	<0.0001
Post tes	38	7.34	6.80	1.10	

Based on the table above, the average anxiety in pregnant women before yoga was 20.03 with a standard deviation of 12.55. After yoga, the average anxiety was 7.34 with a standard deviation of 6.80. The mean difference in anxiety before and after yoga is 12.69. The statistical test results obtained a p-

value of < 0.0001 , which means that there is a significant difference in anxiety levels before and after yoga

3.3. The Effect of Pregnancy Yoga on Reducing Low Back Pain Discomfort in Third-Trimester Pregnant Women at the JnC Clinic, Metro City, in 2023

The study results showed that the average low back pain in pregnant women before yoga was 3.89 with a standard deviation of 2.14. After yoga, the average low back pain was 2.26 with a standard deviation of 1.58. The mean difference in low back pain before and after yoga is 1.63. The statistical test results obtained a p-value of < 0.0001 , which means that there is a significant difference between maternal low back pain before and after yoga.

Yoga exercise is a modification of hatha yoga adapted to the condition of pregnant women. The purpose of prenatal yoga is to prepare pregnant women physically, mentally, and spiritually for the delivery process. With thorough preparation, the mother will be more confident and gain the confidence to go through childbirth smoothly and comfortably. The yoga exercise steps start with breath awareness consisting of natural breath, abdominal breath, and full breath. The second step is full awareness warming up, consisting of neck warming movements. The third step is the core yoga exercise movements consisting of child posture, cat stretch posture, flowing cat stretch, tiger posture, standing posture, triangle posture, side body stretch standing posture, and triangle posture (Pratignyo, 2014). Practicing yoga during the third trimester of pregnancy is also one of the beneficial solutions as a self-help medium that will reduce discomfort during pregnancy and help the delivery process. Prenatal yoga is a non-pharmacological alternative therapy that can reduce pain (Shindhu, 2014).

Other research results show the difference in mean values between pre-test and post-test measurements in the intervention group of 3.5. The Wilcoxon test results obtained a p-value of 0.000, so the p-value of $0.000 > \alpha = 0.05$, it can be concluded that there is a significant difference between pregnant women's complaints before and after prenatal yoga (Rafika, 2018). Based on the researcher's results and other people's research, it can be

concluded that yoga exercise affects third-trimester pregnant women because it can help mothers reduce discomfort and pain in the back area during pregnancy. With a duration of ≥ 60 minutes/exercise, pregnant women can feel comfortable and can feel the benefits of yoga exercise.

The Effect of Pregnancy Yoga on Reducing Symphysis Pubis Pain Discomfort in Third-Trimester Pregnant Women at the JnC Clinic, Metro City, in 2023

The study results showed that the average symphysis pubis pain in pregnant women before yoga was 2.92 with a standard deviation of 2.32. After yoga, the average symphysis pubis pain was 1.71 with a standard deviation of 1.76. The mean difference in symphysis pubis pain before and after yoga is 1.21. The statistical test results obtained a p-value of < 0.0001 , which means that there is a significant difference between maternal symphysis pubis pain before and after yoga.

Symphysis pubis pain during pregnancy can worsen if not treated immediately, such as damage to surrounding tissues as a maladaptive response to pain plus poor emotional state, depression, and mood changes are the biggest problems found, because these problems can change the general health perception for pregnant women who experience symphysis pubis pain, frustration due to inability to perform daily tasks as a mother, and communication with partners and family becomes less harmonious because the mother feels unable to take care of herself and the family and the mother cannot undergo her pregnancy comfortably. (Prenatal Yoga Module, 2018).

The results of Dheska's (2019) study showed that the symphysis pubis pain experienced by pregnant women who did yoga was mostly in the mild category at 35%, while the symphysis pubis pain in mothers who did not do yoga was mostly in the moderate pain category at 60%. The analysis results showed a p-value of 0.000, which means there is an effect of prenatal yoga on symphysis pubis pain in third-trimester pregnant women.

3.4. The Effect of Pregnancy Yoga on Reducing Sleep Quality Discomfort in Third-Trimester Pregnant Women at the JnC Clinic, Metro City, in 2023

The study results showed that the average sleep quality in pregnant women before yoga was 9.37 with a standard deviation of 2.38. After yoga, the average sleep quality was 6.42 with a standard deviation of 1.71. The mean difference in sleep quality before and after yoga is 2.95. The statistical test results obtained a p-value of < 0.0001 , which means that there is a significant difference between maternal sleep quality before and after yoga.

Yoga movements in pregnant women will affect better sleep quantity. Yoga movements can also be done with the angle pose technique, namely with the mother standing then opening her feet as wide as her shoulders, then slowly raising her left hand with a straight elbow, then tilting her body to the left with a tilted body position and resting on the right hand. Hold this position for a while and do it for the opposite direction. This pose is beneficial for stretching the waist and upper body muscles, the twisted pose where the mother is in a sitting position with her legs stretched out in front slowly upwards and to the right with the head facing to the right. Do the same movement in the opposite direction, regulate your breath as best as possible. This pose is beneficial for the neck, arm, shoulder, and spine muscles, and it can also be done with the stick pose where the mother is in a supine position and the hands are at the side of the body with both legs straight. Slowly raise your hands upwards and feel the stretch your body is experiencing. This pose is beneficial for reducing tension and improving the mother's posture and can improve sleep quality (Pratigny, 2014).

Prenatal yoga has mental, physical, and spiritual benefits. Mental benefits include keeping the body fit, becoming more relaxed, self-confident and body image, improving posture, balancing and stabilizing the pregnant woman's body, improving the mother's breathing pattern and increasing oxygenation in the body, reducing and eliminating complaints during pregnancy, preparing for childbirth, strengthening back muscles, training pelvic floor muscles, and improving sleep quality (Prenatal Gentle Yoga Module, 2018).

The results of Ronalen's (2021) study showed that before the implementation of prenatal gentle yoga, 90% of 30 third-trimester pregnant women had poor sleep quality, while after prenatal gentle yoga, the sleep quality of pregnant women became good and increased to 87% with a p-value of 0.000, which means there is an effect of prenatal gentle yoga on the sleep quality of third-trimester pregnant women.

3.5. The Effect of Pregnancy Yoga on Anxiety in Facing Childbirth in Third-Trimester Pregnant Women at the JnC Clinic, Metro City, in 2023

The study results showed that the average anxiety in pregnant women before yoga was 20.03 with a standard deviation of 12.55. After yoga, the average anxiety was 7.34 with a standard deviation of 6.80. The mean difference in anxiety before and after yoga is 12.69. The statistical test results obtained a p-value of < 0.0001 , which means that there is a significant difference between anxiety levels before and after yoga.

In prenatal yoga movements, there is relaxation that is very beneficial for deepening the breath, lowering adrenaline, relieving muscle tension, increasing endurance, improving blood flow, releasing endorphins, reducing stress and tension, and providing a feeling of calm, comfort, and peace so that the mother is more ready to face childbirth (Pratigny, 2014).

Psychological changes, namely anxiety about childbirth, often make mothers feel insecure and uncomfortable. Doing prenatal yoga at least twice a week is beneficial as a self-help medium that will prepare mentally for the early postpartum period. Practicing prenatal yoga regularly throughout pregnancy can condition the body and mind to be stronger, steadfast but still flexible to adapt to various unpleasant situations when facing childbirth (Aprilia, 2020).

The results of research by Yuniarti & Eliana (2020) using the HARS instrument showed a decrease in anxiety, before the intervention the anxiety was 19.67, after the intervention it decreased to 10.80, bivariate analysis obtained a p-value of $0.005 < \alpha 0.05$. Prenatal yoga has an effect on the readiness of mothers in facing childbirth. Yoga is a body and

mind exercise that provides peace of mind and tranquility of the soul. Yoga for pregnant women or prenatal yoga provides comfort because it can improve sleep quality, increase endurance, improve blood flow and oxygen supply. This causes pregnant women to feel physically healthy and ultimately psychologically healthy. Pregnant women who do prenatal yoga will release more relaxin hormones, making the mother's body feel more comfortable, which can ultimately provide calmness (Lisa & Siti, 2021).

4. CONCLUSION

There is an average difference in low back pain in pregnant women before yoga of 3.89 with a standard deviation of 2.14. After yoga, the average low back pain was 2.26 with a standard deviation of 1.58. The mean difference in low back pain before and after yoga is 1.63. The statistical test results obtained a p-value of < 0.0001 . The average symphysis pubis pain in pregnant women before yoga was 2.92 with a standard deviation of 2.32. After yoga, the average symphysis pubis pain was 1.71 with a standard deviation of 1.76. The mean difference in symphysis pubis pain before and after yoga is 1.21. The statistical test results obtained a p-value of < 0 . The average sleep quality in pregnant women before yoga was 9.37 with a standard deviation of 2.38. After yoga, the average sleep quality was 6.42 with a standard deviation of 1.71. The mean difference in sleep quality before and after yoga is 2.95. The statistical test results obtained a p-value of < 0.0001 and the anxiety score in facing childbirth in third-trimester pregnant women before and after doing pregnancy yoga at the JNC Clinic, Metro City, in 2023, namely the average anxiety score in facing childbirth before doing pregnancy yoga was 20.03 with a standard deviation of 12.55 and after doing pregnancy yoga was 7.34. The statistical test results obtained a p-value of < 0.0001 . The average anxiety score in facing childbirth before doing pregnancy yoga was 20.03 with a standard deviation of 12.558 and after doing pregnancy yoga was 7.34 with a standard deviation of 6.803.

5. RECOMMENDATION

For pregnant women, it is expected that pregnancy yoga can be used as a good and safe

exercise choice in overcoming physiological and psychological problems experienced during pregnancy, so that at the time of delivery, the mother's condition is much better physically and mentally.

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