

PRENATAL YOGA IN THE THIRD TRIMESTER OF PREGNANCY TO REDUCE ANXIETY IN PREGNANT WOMEN THROUGH VIDEO MEDIA

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SUMMARY

Background: Pregnancy is an event that has a big influence on the life of a woman and her family and is a moment that is generally looked forward to. Pregnancy can occur due to the process of a woman's egg cells meeting with a man's sperm cells, where this meeting then produces a fetus which then grows in the woman's stomach for 9 months. During pregnancy, a pregnant woman will experience many changes in her body shape, including weight gain, physical, biological and psychological changes in the pregnant woman, which are influenced by the growth of the fetus in her womb. Relaxation and exercise methods for pregnant women to prepare them mentally and physically for childbirth, one of which is prenatal yoga. Prenatal yoga can help reduce stress related to the birth of a baby, prepare mothers physically and mentally, help strengthen the body of pregnant women and increase flexibility .

Objective: To increase public knowledge and insight, especially pregnant women in the third trimester, regarding Prenatal Yoga in the Third Trimester of Pregnancy to reduce anxiety in pregnant women through video media.

Method: The method used in Communication, Information and Education is video.

Results: Output in the form of a video about Prenatal Yoga in the Third Trimester of Pregnancy to Reduce Anxiety in Pregnant Women Through Video Media.

Conclusion: Video media has been created to educate the public, especially third trimester pregnant women and can be used as an alternative to reduce anxiety.

Keywords : Prenatal yoga, pregnancy, anxiety