

THE EFFECT OF PRENATAL YOGA AND MUROTTAL ON REDUCING ANXIETY IN THIRD TRIMESTER PREGNANT WOMEN

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ABSTRACT

Background: Pregnancy is the process of fetal growth and development within the uterus from conception until delivery. During pregnancy, physiological and psychological changes occur that can cause discomfort such as dyspnea, insomnia, frequent urination, pressure and discomfort in the perineum, back pain, constipation, varicose veins, fatigue, leg cramps, mood swings, and increased anxiety. Engaging in prenatal yoga and listening to murottal can result in reduced production of adrenal hormones and cortisol and stimulate the anterior lobe of the pituitary gland to release endorphins, leading to decreased anxiety. **Objective:** To determine the effect of prenatal yoga and murottal on anxiety reduction in pregnant women during the third trimester. **Research Method:** A pre-experimental design with a pretest-posttest one group design was used, involving a sample of 20 pregnant women in their third trimester. The instrument used was the HARS (Hamilton Anxiety Rating Scale) questionnaire, and the Wilcoxon test was conducted. **Results:** Before the intervention with prenatal yoga and murottal, all respondents experienced moderate to severe anxiety. After the intervention, some respondents showed a reduction in anxiety levels to mild or no anxiety. The Wilcoxon test results indicated an Asymp. Sig. (2-tailed) value of <0.05 , suggesting that prenatal yoga and murottal significantly impact the reduction of anxiety in pregnant women during the third trimester. **Conclusion:** Prenatal yoga and murottal are effective in reducing anxiety levels in pregnant women during the third trimester.

Keywords: Prenatal yoga, murottal, pregnancy, anxiety