

**THE EFFECT OF MARYAM EXERCISES ON THE ANXIETY LEVEL OF
PREGNANT WOMEN IN THE THIRD TRIMESTER AT
D'MARYAM PRATAMA CLINIC**

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ABSTRACT

Background; *Third trimester pregnant women can experience anxiety that affects the health of the mother and her baby. The incidence of anxiety in pregnant women in Indonesia reached 373,000, of which 107,000 or 28.7% of them were moderate anxiety occurring in pregnant women before the birth process. Maryam exercises is an alternative to prevent anxiety and overcome discomfort during pregnancy.*
Objective; *To determine the effect of Maryam exercises on the anxiety level of pregnant women in the third trimester at D'Maryam Primary Clinic.*
Method; *This research design is Pre-experimental with one group pretest posttest design. The sample size was 23 pregnant women in the third trimester. The sampling technique was convenience sampling. The research instrument used the PASS (Perinatal Anxiety Screening Scale) questionnaire. The data analysis used Wilcoxon test with SPSS software.*
Results; *The results of data analysis showed that most respondents before the intervention experienced mild anxiety 17 people (73.91%). After the intervention, the majority of respondents did not experience anxiety as many as 14 people (60.87%). The results of the Wilcoxon test showed that there was an effect of Maryam exercises on the anxiety level of third trimester pregnant women at D'Maryam Pratama Clinic with a p value of 0.000 (p value <0.05).*
Conclusion; *Maryam exercises have an effect on the anxiety level of third trimester pregnant women at D'Maryam Primary Clinic.*
Recomendation: *Health workers can use maryam exercises as an alternative in overcoming anxiety problems in pregnant women.*

Keywords: *Pregnant Women, Anxiety, Maryam Exercises*