



Hypnobirthing Relaxation and Prenatal Yoga in Reducing Anxiety Levels Among Pregnant Women in 3rd Trimester

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ABSTRACT

Empowering pregnant women through education on pregnancy and delivery, including interventions such as Hypnobirthing and prenatal yoga, is essential to alleviate anxiety and promote a healthy pregnancy. This study aims to assess the impact of hypnobirthing and prenatal yoga on anxiety levels in pregnant women during their third trimester. The research employed an observational analytical experimental approach, utilizing a randomized control trial design. It was conducted in the independent practice of midwives in the Klaten regency from March to June 2020. The population in this study was all pregnant women who were in the working area of the Kebondalem Lor health centre, whose gestational age was above 28 weeks, a total of 120 respondents. The study employed simple random sampling for participant selection and univariate analysis. Statistical bivariate tests using the paired and independent sample test were also conducted. There was a significant difference in decreasing anxiety after pregnant women in the third trimester did Hypnobirthing and Prenatal Yoga, with a p-value of 0.001. There was a significant difference between Hypnobirthing and Prenatal Yoga in decreasing anxiety, with a p-value of 0.01. Additionally, prenatal yoga was found to be more effective in reducing anxiety than hypnobirthing.

Keywords: *Anxiety, Hypnobirthing, Pregnancy, Prenatal Yoga*

ABSTRAK

Pemberdayaan wanita selama hamil sangat diperlukan melalui exercise tentang kehamilan yang sehat dan persalinan. Exercise yang dilakukan salah satunya adalah Hypnobirthing dan prenatal yoga. Kedua terapi ini sangat penting untuk mengurangi kecemasan serta mencapai kehamilan yang sehat. Penelitian ini bertujuan untuk menilai pengaruh hypnobirthing dan prenatal yoga terhadap tingkat kecemasan pada ibu hamil trimester ketiga. Penelitian ini menggunakan pendekatan eksperimen analitik observasional dengan menggunakan desain RCT (randomized control trial). Penelitian ini dilakukan di bidan praktik mandiri di Kabupaten Klaten pada bulan Maret sampai dengan Juni 2020. Populasi dalam penelitian ini adalah seluruh ibu hamil yang berada di wilayah kerja Puskesmas Kebondalem Lor yang usia kehamilannya diatas 28 minggu berjumlah 120 responden. Teknik sampling dalam penelitian ini menggunakan simple random sampling dan uji analisis statistik univariat dan bivariate. Uji statistik bivariat dengan menggunakan uji Paired T-Test dan Independent T-Test. Terdapat perbedaan penurunan kecemasan yang signifikan setelah ibu hamil trimester III melakukan Hypnobirthing dan Prenatal Yoga, dengan p-value 0,001. Terdapat perbedaan yang signifikan antara Hypnobirthing dan Prenatal Yoga dalam menurunkan kecemasan, dengan p-value 0,01. Selain itu, yoga prenatal terbukti lebih efektif dalam mengurangi kecemasan dibandingkan hypnobirthing.

Kata kunci: *Kecemasan, Hypnobirthing, Kehamilan, Prenatal Yoga*

INTRODUCTION

Pregnancy is a challenging period that concludes with the delivery of a baby. It typically lasts around 40 weeks and involves various physiological, psychological, and biological changes in mothers caused by hormonal fluctuations. Both first-time and experienced mothers go through this process. Pregnant women are particularly vulnerable to experiencing psychological disorders such as anxiety. Prenatal depression can have detrimental effects on the well-being of both the mother and the unborn child. To illustrate, infants born to depressed mothers tend to have lower birth weights, higher resting heart rates, increased susceptibility to developmental delays and premature birth, heightened physiological reactivity, and a greater likelihood of experiencing behavioural issues during childhood and adolescence compared to infants of non-depressed mothers. Approximately 30.9% of mothers experience anxiety during each trimester of pregnancy, while 6.9% experience anxiety throughout their entire pregnancy (Sulastri et al., 2021).

One systematic review of reviews indicates the prevalence of antenatal depression ranged from 15 to 65% (Dadi et al., 2020). A study found that antenatal depression was more common in low- or lower-middle-income countries and in studies that utilized

self-report measures or were conducted after 2010. Several factors were significantly associated with antenatal depression, including a history of depression, lack of social support, being single, separated, or divorced, having an unplanned pregnancy, unemployment, experiencing violence, and smoking before or during pregnancy (Yin et al., 2021).

To alleviate anxiety in pregnant women, it is crucial to implement interventions that empower them and provide education on maintaining a healthy pregnancy while preparing for a beautiful, smooth, comfortable, and natural delivery. Two possible interventions that can be utilized are hypnobirthing and prenatal yoga. Hypnobirthing involves utilizing natural techniques to instil positive intentions into the subconscious mind, enabling mothers to navigate pregnancy in a healthy manner and approach childbirth with calmness, naturalness, and comfort (Kuswandi, 2014). In addition to Hypnobirthing, engaging in physical activities is beneficial for both physical and psychological well-being during pregnancy. One highly recommended physical activity for pregnant women is yoga. Prenatal yoga offers numerous advantages, including the improvement of pain management, stress reduction, anger management, relationship enhancement, gestational age at birth, birth weight, maternal-infant attachment,

empowerment, optimism, and overall well-being.

The use of hypnobirthing relaxation techniques can help decrease maternal anxiety levels during pregnancy, including the first stage of active labor (Sari & Mulati, 2021). A preliminary study carried out at an independent midwife's practice in the Klaten Regency involved 20 pregnant women. Out of these, 12 (60%) reported low anxiety levels, 5 (25%) experienced moderate anxiety, and the remaining had severe anxiety. Given this context, it is important to investigate the variances in anxiety levels among third-trimester pregnant women during labor when comparing the effects of hypnobirthing relaxation and prenatal yoga.

In this study, we compare the difference in levels of anxiety between pregnant women who received hypnobirthing intervention and those who received yoga intervention. These findings have the potential to offer significant clinical insights into the efficacy of prenatal yoga for pregnant women dealing with depression. Based on our results, healthcare professionals could provide recommendations on whether yoga therapy is a suitable option for pregnant women experiencing depression. This information would be valuable in guiding healthcare workers' advice and decisions regarding the use of yoga as a therapeutic approach in such cases.

METHOD

This study employed an observational analytical experimental research approach using a randomized control trial (RCT) method. The chosen research design was the completely randomized experimental design, which is recognized as the most straightforward form of randomized experimental design. Within this approach, all individuals within the study population were randomly assigned to either the treatment or control group. This randomization process aimed to ensure that all independent variables, apart from the treatment being studied, were evenly distributed between the two groups, thus minimizing the influence of potential confounding variables.

The study's target population consisted of all pregnant women above 28 weeks of gestational age who were located within the working area of the Kebondalem Lor Health Center, totalling 120 individuals. The sample for the study was selected using a simple random sampling method, and the division into groups was determined through a lottery system. The inclusion criteria in this study are Pregnant women with a minimum gestational age of 36 weeks, both primary and multiple with normal delivery without any complications during delivery and pregnant women who do not experience pregnancy complications. The exclusion criteria in this

study are Pregnant women who experience pregnancy depression and maternity referred to hospital. The prenatal yoga group was denoted by symbols A1-A60, while the hypnobirthing group was represented by symbols B1-B60. The inclusion criteria for the study were pregnant women with a gestational age of 28 weeks or higher, without a history of preeclampsia or hypertension during pregnancy, and who were willing to participate and follow the study's procedures. The exclusion criteria for the study were pregnant women receiving treatment for depression.

The independent variables of this study were hypnobirthing and prenatal yoga, while anxiety served as the dependent variable. The State-Trait Anxiety Inventory (STAI) was used as the anxiety measurement instrument, specifically STAI Form Y-1, which contains 20 items that consist of 10 favourable statements regarding anxiety, and the other 10 do not pertain to anxiety (unfavourable). The STAI is a well-validated and reliable tool frequently utilized to measure anxiety levels in individuals. It has demonstrated strong test-retest reliability and is considered a valid assessment tool for perinatal populations, beginning from the third trimester of pregnancy through postpartum visits occurring between 2 to 8 weeks post-birth. The STAI scale utilizes a

Likert scale ranging from 1-4 and has been utilized in various countries, demonstrating consistent measurement results over time with alpha reliability ranging between 0.89-0.92 and 0.90-0.94. While in the validity results obtained were from 0.390 to 0.941 and the reliability test was conducted using the Alpha coefficient technique of Cronbach with a result of Low anxiety with a score of less than equal to 40, high anxiety with a score of more than 40. In order to mitigate any potential bias in the research findings, anxiety levels were directly assessed both before and after the intervention was administered. The prenatal yoga sessions and hypnobirthing sessions, each lasting for one hour, were facilitated by a certified prenatal yoga instructor.

In this study, we compare the difference in levels of anxiety between pregnant women who received hypnobirthing intervention and those who received yoga intervention. Data analysis was used to measure anxiety before and after intervention, both prenatal yoga and hypnobirthing, using the Paired T-Test. Meanwhile, to measure the difference in anxiety between the groups that had been given prenatal yoga and hypnobirthing interventions, the Independent T-Test statistical test was used. The outcomes of this study offer valuable clinical insights into the potential effectiveness of prenatal yoga for pregnant

women dealing with depression. Based on our findings, healthcare practitioners can provide informed advice on whether yoga therapy is a suitable option for pregnant women experiencing depression. These results serve as a basis for healthcare workers to make recommendations and decisions regarding the use of yoga as a therapeutic approach for this specific population.

In this study, univariate analysis was employed to gain an overview of the percentage frequency distribution of the variables under investigation, as well as the characteristics of the respondents, including education, occupation, and parity. This analysis encompassed the examination of demographic data and measurements of anxiety exhibited by the participants.

RESULTS AND DISCUSSION

Table 1. Characteristics of Respondents based on Demographics and Measurements before Anxiety in the Prenatal Yoga and Hypnobirthing groups

Prenatal yoga and Hypnobirthing groups					
Variable	Group				total
	Prenatal yoga		Hypnobirthing		
	n	%	N	%	
	mean±sd		mean±sd		
Mother Education					
Junior High School	3	5,0	6	10,0	9
Senior High School	34	56,7	28	46,7	62
Diploma III	11	16,3	14	23,3	25
Bachelor	12	20,0	12	20,0	24
Occupation					
Housewife	26	43,3	22	36,7	48
Private	22	36,7	26	43,3	48
entrepreneur	2	3,3	2	3,3	4
civil servant	7	11,7	7	11,7	14
Teacher	0	0	1	1,7	1
Employee	1	1,7	1	1,7	2
Freelance	2	3,3	1	1,7	3
Parity					
Primigravida	28	46,7	21	35,0	49
Multigravida	32	53,3	39	65,0	71
Mother's age	28,3 ± 4,9		31,1 ± 5,9		120
Gestational age	33,3 ± 2,7		33,1 ± 2,5		120
STAI pre-test score	58,7 ± 6.1		47,7 ±8,3		120

Source: primary data 2020

Table 1 illustrates the educational background and occupation of participants in the Prenatal Yoga and Hypnobirthing groups. The majority of participants in both groups have a high school level of education, with a smaller percentage having

completed junior high school. The distribution of education levels is similar between the two groups, with a comparable proportion of participants having either junior high school or college education. Regarding occupation, the majority of participants in both groups are housewives

or work in the private sector. The distribution of work professions is relatively similar between the Prenatal Yoga and Hypnobirthing groups. Most participants in both groups have previously experienced multiple pregnancies (multigravida). The average age of respondents in the Prenatal Yoga group is 28 years, while in the Hypnobirthing group, it is 31 years. The average gestational age is 33 weeks for both groups.

Before receiving the interventions, the mean anxiety level was 58 points in the Prenatal Yoga group and 47 points in the

Hypnobirthing group. This suggests that the anxiety level in the Prenatal Yoga group was 11 points higher than that in the Hypnobirthing group. Additionally, the majority of respondents in both groups had previous pregnancies, indicating that they were multigravida. The average age of participants in the Prenatal Yoga group was 28 years old, while in the Hypnobirthing group, it was 31 years old. At the beginning of the study, both groups had an average gestational age of 33 weeks.

Table 2. Analysis of the paired difference test using the paired t-test for the variables of anxiety

Variable	Treatment							
	Prenatal Yoga		Δ mean	p	Hypnobirthing		Δ mean	p
	Pre-test	Post-test			Pre-test	Post-test		
	Mean \pm sd	Mean \pm sd			Mean \pm sd	Mean \pm sd		
STAI	58,7 \pm 6,1	35,8 \pm 4,7	-22,8	0,001	47,6 \pm 8,3	33,1 \pm 4,5	-14,6	0,001

Source: primary data Paired T-Test, 2020

Table 2 shows that there were significant changes in anxiety scores before and after treatment in both the Prenatal Yoga and Hypnobirthing groups, with a p-value of less than 0.05. In the Prenatal Yoga group, there was a decrease in anxiety scores by 22 points, indicating that participating in Prenatal Yoga led to a reduction in anxiety among pregnant women. In the Hypnobirthing group, the decrease in anxiety scores was 14 points. These

findings suggest that there were significant differences in anxiety levels before and after engaging in Prenatal Yoga and Hypnobirthing. The next step of analysis involves conducting a bivariate analysis using an independent t-test to determine whether there are significant differences in anxiety scores between respondents who participated in Prenatal Yoga and Hypnobirthing.

Table 3. Independent t-test analysis between Prenatal Yoga and Hypnobirthing on changes in anxiety

Variable	Treatment		Δ Mean	p
	Prenatal Yoga	Hypnobirthing		
	Mean \pm sd	Mean \pm sd		
STAI	-22,8 \pm 7,6	-14,6 \pm 8,4	-8,2	0,001

Source: primary data independent T-Test, 2020

According to Table 3, significant differences were observed in the changes in anxiety between the Prenatal Yoga and Hypnobirthing groups, with p-values of 0.001 for both groups. Furthermore, it was found that the anxiety reduction was greater among mothers who participated in Prenatal Yoga, with a difference of 8 points. Based on these findings, it can be concluded that both Prenatal Yoga and Hypnobirthing are effective in reducing anxiety. However, the reduction in anxiety

was more pronounced among mothers who practiced Prenatal Yoga.

Additionally, further analysis was conducted by examining the categorized values of anxiety within each group. Anxiety scores were classified as high if they were greater than 40, and as low if they were 40 or less. The graphs depicting anxiety levels before and after treatment can be observed in Figures 1.

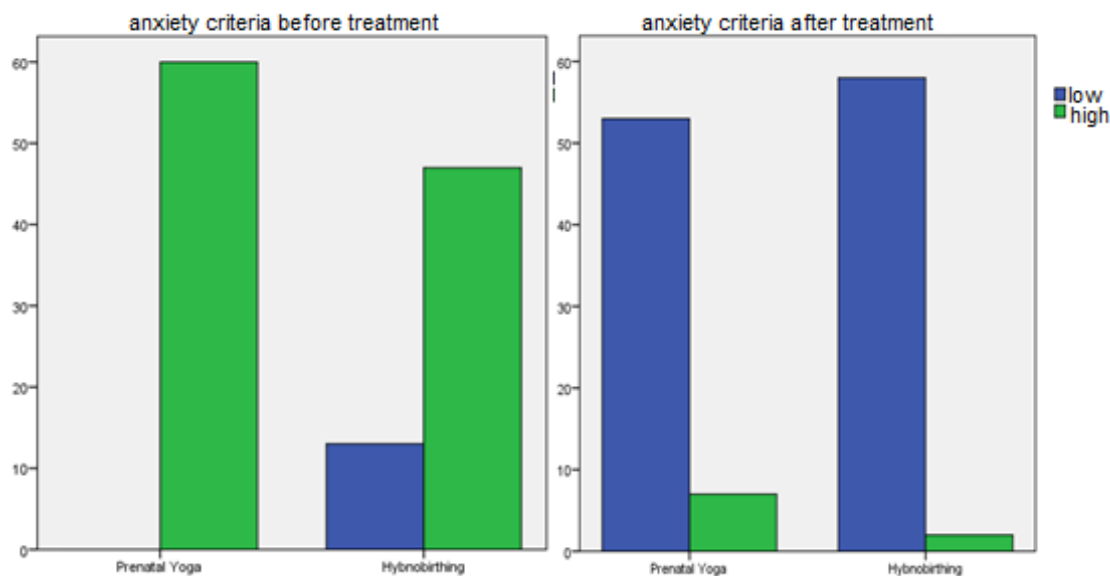


Figure 1. Graph of Changes in anxiety before and after treatment in mothers who do Prenatal Yoga and Hypnobirthing

Figure 1 displays a graph representing the anxiety levels reported by respondents prior to engaging in Prenatal Yoga and Hypnobirthing. The graph reveals that all respondents in the Prenatal Yoga group had

high anxiety levels, accounting for 100% of the participants. In contrast, in the Hypnobirthing group, 47 individuals (78.3%) reported high anxiety, while 13 individuals (21.7%) reported low anxiety.

After participating in Prenatal Yoga, the graph demonstrates a decrease in anxiety levels, with 53 respondents (88.3%) reporting low anxiety. This indicates that Prenatal Yoga led to an 88% reduction in anxiety. Similarly, following the implementation of Hypnobirthing, the graph shows an increase in the number of respondents reporting low anxiety levels, with 58 individuals (96.7%) experiencing reduced anxiety. This signifies a significant reduction in anxiety by 75%. Based on the graph, it can be inferred that Prenatal Yoga is more effective in reducing anxiety compared to Hypnobirthing.

Hypnobirthing is a self-hypnosis skill to help mothers navigate pregnancy and childbirth in a normal, safe, and comfortable manner. The power of a mother's suggestion is a crucial aspect of hypnobirthing success. A calm-minded mother can relax her body by controlling her emotions, breathing, and praying according to her beliefs. Once the mother is truly relaxed, she can suggest positive things that she desires during pregnancy and approaching childbirth (Nainggolan et al., 2021). Prenatal Yoga is a form of physical exercise specifically designed for pregnant women, typically initiated during the 4th to 6th month of gestation. It involves a series of movements and postures that focus on proper alignment and incorporate deep breathing techniques. Practising Yoga

during pregnancy offers various benefits, including promoting a sense of tranquillity and well-being. It serves as a coping mechanism for managing stress and enhancing self-efficacy. The breathing techniques learned in Yoga empower pregnant women to regulate their emotions and thoughts, enabling them to concentrate on their current condition and respond with emotional and behavioural self-control (K. D. Rahayu et al., 2023).

The bivariate analysis yielded significant findings, indicating that both Prenatal Yoga and Hypnobirthing effectively decreased anxiety levels in pregnant women during the third trimester. Prenatal Yoga resulted in a reduction of anxiety by 22.8 points, while Hypnobirthing reduced anxiety by 14.6 points. Comparing these values, it is evident that Prenatal Yoga led to a greater decrease in anxiety by 8.2 points among third-trimester pregnant women. This difference in reduction is statistically significant, further highlighting the superior effectiveness of Prenatal Yoga in alleviating anxiety during this stage of pregnancy. These results align with the findings of a study conducted by Koyuncu et al., which also demonstrated the anxiety-reducing benefits of Prenatal Yoga (Koyuncu & Bülbul, 2021).

The average anxiety level among pregnant women who practice Prenatal Yoga is lower compared to those who choose the

Hypnobirthing method, with an average value of 8.06 for Hypnobirthing and 14.56 for Prenatal Yoga. Prenatal yoga plays a crucial role in lowering anxiety levels among pregnant women. This practice includes a significant emphasis on physical exercises alongside relaxation techniques. By engaging in yoga poses and stretching, individuals can alleviate muscle tension and achieve a state of relaxation within their bodies. Additionally, the physical exercise aspect of prenatal yoga assists pregnant women in reducing physical discomfort and addressing common physical complaints associated with pregnancy (N. K. Rahayu et al., 2021). Similar findings were also reported by Fauziah et al. in their study, where they discovered that three participants who engaged in Prenatal Yoga experienced a reduction in anxiety levels as measured by the Pregnancy-Related Anxiety Questionnaire (PRAQ). Specifically, anxiety scores decreased from 32 to 23.67, from 45.67 to 30.33, and from 30 to 19.33 for the respective respondents. The measurements of anxiety levels, as assessed by the Anxiety Sensitivity Index (ASP), demonstrated a significant decrease from 41.3 to 31.2, 53.6 to 40.3, and finally 40.3 to 30.6. This suggests that Prenatal Yoga can serve as a coping mechanism for stress by assisting individuals in actively addressing the challenges they encounter through playful problem-solving. By

minimizing complaints stemming from anxious reactions, Prenatal Yoga contributes to a reduction in anxiety among pregnant women (Wulansari, 2021).

Additionally, Prenatal Yoga aids in achieving a balance between the mind and soul, thereby decreasing anxiety levels in pregnant women. Although yoga is primarily a physical practice, it has psychological effects due to its capacity to induce relaxation within the body and influence various psychological aspects of individuals. Consequently, it is considered to be effective in reducing anxiety. Relaxation and meditation, two key components of yoga, play significant roles in alleviating anxiety.

Furthermore, there were observed differences in anxiety responses between the treatment group that engaged in Hypnobirthing relaxation and the control group that did not. This difference was found to be statistically significant with a p-value of 0.015. Prenatal yoga presents an opportunity for gentle exercise through various poses and breathing sequences that are specifically tailored to pregnant women. Overall, Prenatal Yoga not only provides physical benefits but also exerts positive psychological effects by promoting relaxation, reducing anxiety, and offering an avenue for gentle exercise that is well-suited for pregnant women (Dangel et al., 2020).

Hypnotherapy exercises enable pregnant women to achieve a deep state of relaxation, allowing them to maintain a sense of calmness and emotional stability. This technique promotes a tranquil, comfortable, stable, and focused state, accompanied by the use of positive affirmations. Relaxation, as a proven technique for reducing anxiety in various contexts, has also demonstrated effectiveness in diminishing anxiety levels among pregnant women (Kuswandi, 2014). Based on A systematic review concludes that most studies have reported positive effects of hypnosis in mitigating anxiety, depression, and fear related to childbirth. This approach empowers women by instilling a greater sense of confidence and enhancing their overall emotional experience during the birthing process. Additionally, two studies have indicated encouraging results in terms of postnatal well-being, suggesting that hypnosis can have a positive impact beyond childbirth itself (Catsaros & Wendland, 2023).

Sulastri et al. (2021) conducted a study that found differences in Hamilton Anxiety Rating Scale (HARS) scores between the intervention and control groups after engaging in gentle prenatal yoga therapy. Yoga during pregnancy promotes a healthy balance between the body and mind, strengthens the mother-fetus bond, induces relaxation, and cultivates a positive aura.

Hypnobirthing, on the other hand, may offer distinct benefits. Both approaches help reduce anxiety in pregnant women.(Sulastri et al., 2021).

Pregnant women find prenatal yoga appealing as it combines physical activity with mindfulness, providing a gentle form of exercise to address discomfort and physical changes. Although the specific impact of prenatal yoga during the COVID-19 pandemic has not been extensively studied, the meditation and mindfulness aspects of yoga can be employed to alleviate stress and anxiety, benefiting the health of both the mother and the fetus. Even a single session of yoga can improve stress and anxiety levels, but regular practice is likely to yield greater benefits. In the mentioned study, anxiety scores decreased following an eight-week yoga program (Duchette et al., 2021)(Koyuncu & Bülbül, 2021).

Wulandari et al. (2022) also found a similar outcome, where prenatal yoga significantly reduced stress levels and enhanced immune function in pregnant women. Yoga, known as a mind-body-spirit relaxation exercise, is considered a powerful intervention. Importantly, yoga postures can be adapted to accommodate the abilities of pregnant women. The practice of yoga has been shown to modulate the hypothalamic-pituitary-adrenal (HPA) axis by reducing cortisol release in response to stress,

thereby promoting relaxation during pregnancy. Furthermore, yoga has demonstrated improvements in perinatal outcomes, such as reduced incidence of prenatal disorders, premature births, labor pain, stress, anxiety, depression, and pregnancy-related lumbopelvic pain. However, it is important to note that pregnant women who practiced yoga at home were reported to have a higher incidence of postnatal/intrapartum haemorrhage, which may be associated with non-anaemic low iron levels. This suggests that in certain cases, yoga may have a negative impact on birth outcomes. [Click or tap here to enter text.](#)(Lin et al., 2022)(Huberty et al., 2020)(Yu et al., 2022).

The study conducted by Kwon et al. (2020) supports the previous findings that practicing yoga during pregnancy is safe and may have positive effects on psychological and pregnancy-related outcomes. Pregnancy can have both physiological and psychological impacts, and increased levels of cortisol, a stress hormone, can have adverse effects on fetal development.

Prenatal yoga has shown effectiveness in reducing objective measures of stress, anxiety, depression, and pain response during labor. However, further exploration is needed to understand the specific components of yoga that have an impact on

depressive symptoms. It is also important for yoga interventions to incorporate behavioural theories and techniques, such as social cognitive theory and the multi-theory model of health behaviour change, in their design and evaluation. This is crucial as psychotherapy techniques are commonly used in managing depressive symptoms and stress management. In conclusion, the evidence suggests that prenatal yoga can be a beneficial intervention for managing stress, anxiety, and depression during pregnancy. Further research and incorporation of behavioural theories can enhance our understanding and optimize the effectiveness of yoga interventions in managing depressive symptoms and promoting overall well-being during pregnancy (Bridges & Sharma, 2017)(Namdar et al., 2021).

Research results indicate that regular practice of prenatal yoga and hypnobirthing by pregnant women has been associated with several positive birth outcomes. Pregnant women who engaged in prenatal yoga and hypnobirthing experienced shorter labor duration by an average of 2 hours, were 2.5 times more likely to have a normal vaginal birth, had reduced administration of intravenous analgesics, and reported higher satisfaction levels (Corrigan et al., 2022) (Vollbehr et al., 2018) (Smith et al., 2018).

Moreover, these studies have shown that yoga is a safe complementary therapy that does not pose any harm to the fetus. In line with the recommendations outlined in the Canadian guideline for physical activity during pregnancy, it is encouraged for pregnant women to incorporate yoga into their routine to improve their physical and mental well-being. By promoting the incorporation of yoga as an adjunct therapy, pregnant women can potentially reduce the risk of experiencing complications during pregnancy and enhance their overall delivery outcomes. Therefore, it is crucial to advocate for the use of yoga to alleviate pregnancy discomforts and optimize delivery outcomes (Rong et al., 2020) (Holden et al., 2019).

CONCLUSION

The conclusions obtained from this research are: Third-trimester pregnant women who practice hypnobirthing experience a notable reduction in anxiety. Notably, there are discernible distinctions between the effectiveness of Prenatal Yoga and Hypnobirthing approaches in decreasing anxiety levels. In this context, the Prenatal Yoga method proves to be more efficacious in alleviating anxiety among third-trimester pregnant women compared to Hypnobirthing.

It is expected that the results of this research can be used to reduce anxiety in pregnant women and serve as promotional material

for healthcare professionals as well as an appropriate approach to addressing anxiety, particularly in pregnant women. Additionally, it is hoped that midwives providing services will facilitate hypnobirthing and Prenatal Yoga activities during prenatal classes regularly, thereby improving the well-being of mothers. Suggestions for future researchers can measure anxiety using cortisol in the blood so that it provides maximum results.

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1713

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