

Original Research Article

The effect of pregnancy exercise on the anxiety level of the third trimester of pregnant woman in the Kecamatan Sukawati

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ABSTRACT

Background: This study aims to know the effect of pregnancy exercise on the anxiety level of the third trimester of pregnant women.

Methods: This type of research is analytic with a one group pre-test post-test design without control, the number of samples is 50 pregnant women who meet the inclusion criteria by using purposive sampling technique. The instrument data collection using depression anxiety and stress scale (DASS) questionnaire. Bivariate analysis using Wilcoxon test.

Results: The result of the data shows p value of anxiety level of pregnant women before and after the implementation of pregnancy exercise is 0.000 (<0.05), it can be concluded that there is an effect of the implementation of pregnancy exercise on the anxiety level of pregnant women in the third trimester.

Conclusions: From the result of research conducted, the effect of the implementation of pregnancy exercise on the anxiety level of pregnant women before and after of pregnant women in the third trimester.

Keywords: Pregnancy exercise, Anxiety, Third trimester pregnant women

INTRODUCTION

Anxiety is a normal condition that occurs in various situations with changes and new experiences.¹ Anxiety is a feeling that has no clear cause and is not supported by the existing situation.² Anxiety disorders are one of the most common psychological disorders. According to the national comorbidity report, one in four people meets the diagnostic criteria for at least one anxiety disorder. Anxiety disorders were more common in women (30.5%) than men (19.2%).³ One source of anxiety in women is pregnancy, especially in mothers whose psyche is not stable. Anxiety in pregnant women can arise, especially in the third trimester of pregnancy until delivery, during this period pregnant women feel anxious about various things such as normal and abnormal babies born, pain that will be felt and so on. Anxiety that occurs in the third trimester of pregnancy can result in decreased birth weight and increased hypothalamic-pituitary-adrenal

(HPA) activity which causes changes in steroid hormone production, impaired social behavior and fertility rates in adulthood.⁴ Pregnant women are encouraged to do light exercise during pregnancy so that the mother and fetus are healthier and reduce problems that arise in their pregnancy. One of the mild exercises that can be done by pregnant women is pregnancy exercise. Pregnancy exercise teaches mothers how to relax which is useful to stabilize anxiety and reduce fear by means of physical and mental relaxation, as well as getting information to prepare mothers for labor and birth.⁵

METHODS

This research is an analytical study with a one group pretest-posttest design without control, namely observations made twice before and after treatment in one group without a comparison/control group. This research was conducted in Sukawati sub-district involving the

working areas of Puskesmas I Sukawati and Puskesmas II Sukawati. The sample included in this study will use the non-probability sampling technique with the type of purposive sampling, which is a sampling technique that uses criteria that have been selected by researchers in selecting samples. The number of samples is 50 pregnant women who meet the inclusion criteria by using purposive sampling technique. Inclusion criteria are pregnant women without complications. Exclusion criteria is pregnant women with a history of complications in past pregnancies. This research was conducted from July until August 2020. Data will be collected by filling out the DASS questionnaire both before and after pregnancy exercise. This pregnancy exercise will be carried out for 2 weeks at intervals of 2 times a week with a duration of 60 minutes. The bivariate data analysis technique was performed by cross tabulation between the Independent variable and the dependent variable. Bivariate analysis with analysis using the Wilcoxon test.

RESULTS

The analysis results can be seen in the tables.

Table 1: Frequency distribution of anxiety level of pregnant women.

Anxiety levels	Before pregnancy exercise		After pregnancy exercise	
	F	%	F	%
Normal	31	62	44	88
Mild	6	12	6	12
Moderate	9	18	0	0
Severe	4	8	0	0
Very severe	0	0	0	0
Total	50	100	50	100

Based on Table 1, it was found that from 50 respondents before the implementation of pregnancy exercise, the anxiety level of pregnant women was mostly, namely 31 people (62%) were normal, a small part, namely six people (12%) experienced mild anxiety, a small proportion, namely nine people (18%) experienced moderate anxiety, and a small proportion, namely four people (8%) experienced severe anxiety. Meanwhile, after the implementation of pregnancy exercise, it was found that almost all of them were 44 people (88%) who were normal and a small proportion, namely six people (12%) experienced mild anxiety.

Table 2: Wilcoxon test.

Variables	Z	Asymp. Sg. (2-tailed)
Post and pre-test anxiety	-3.946	0.000

Table 2 shows the results of the Wilcoxon test using SPSS. It can be seen that the p value of the anxiety level of pregnant women before and after the implementation of pregnancy exercise is 0.000 (<0.05), it can be concluded that there is an effect of the implementation of pregnancy exercise on the anxiety level of the third trimester of pregnant women.

DISCUSSION

This research was conducted in Sukawati sub-district by involving the working areas of Puskesmas I Sukawati and Puskesmas II Sukawati. Based on the results of the study, it was obtained data that before doing pregnancy exercise, pregnant women experienced moderate and even severe anxiety levels. During pregnancy, the mother experiences physical and psychological changes that occur due to hormonal changes that the fetus needs for growth and development. During pregnancy, the mother will experience psychological changes, namely emotional changes, sensitivity, laziness, jealousy, stress and anxiety. These changes are also supported by the mother's ignorance of changes during pregnancy.⁶ Increased stressor causes cortisol levels to increase and increases the dysfunction of the HPA axis which causes a tendency to develop anxiety.⁷ Pregnant exercise can reduce the level of anxiety in pregnant women, movements that are done in cooling movements are useful to overcome the pressure or tension that is felt during pregnancy.⁸ Physical exercise can reduce anxiety. Pregnant exercise is a physical exercise performed by pregnant women, so it can be an effort to reduce anxiety, especially in the third trimester.⁹ This is evident based on the data obtained after pregnant women are given pregnancy exercise, the level of maternal anxiety becomes mild and normal. The benefits of doing pregnancy exercises are getting perfect relaxation. Perfect relaxation is needed during pregnancy and childbirth, in addition to reducing psychological disorders both anxiety and stress arising from within and from outside, also overcoming his pain and can affect the relaxation of the lower uterine segment which has an important role in physiological labor.

CONCLUSION

It can be concluded from the result of research conducted, the effect of the implementation of pregnancy exercise on the anxiety level of pregnant women before and after of pregnant women in the third trimester.

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