

Prenatal Yoga Socialization for Gentle Birth for Pregnant Women by Health Faculty Unjani Yogyakarta Community Service Program

Ratih Kumoro Jati ^{a,1,*}, Dian Puspitasari ^{a,2}, Lily Zulaikhah ^{a,3}

^a Unjani Yogyakarta, Indonesia

¹ ratihkumorojati@gmail.com; ² dianpuspitasari@gmail.com; ³ lilyzulaikhah@gmail.com

* Corresponding Author

ABSTRACT

Pregnancy and childbirth are natural to women but bring about physical and psychological changes. A woman's body will undergo various changes that affect her health during pregnancy. One way to maintain health during pregnancy, both physical and mental health, is to do yoga. Yoga can aid in a comfortable soft birth delivery because pregnant women are taught to move the pelvis and relax to reduce stress during the birth. Practicing yoga and meditation regularly during pregnancy will build harmonious communication between prospective mothers and their babies, provide an unforgettable experience to enjoy every second full of miracles from the human birth process, and make the pregnancy a memorable moment. Covid-19 has caused some pregnant women to worry about attending yoga classes because of the risk of getting the virus. Therefore, the community service held prenatal yoga virtually for 30 pregnant women using Zoom meetings to facilitate yoga practice intended to reduce discomfort due to the pregnancy, get acquainted with other participants, and exchange information about pregnancy.

KEYWORDS

Pregnancy;
Childbirth;
Yoga;
Gentle Birth;
Pandemic covid 19



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1. Introduction

Pregnancy is a special and precious experience for women. When a woman is pregnant, she feels a miracle in her body due to the presence of the fetus in the womb. Women have the opportunity to feel and realize their immense power during pregnancy and childbirth. The feeling of being a victim of the body's working system is surprising for expectant mothers who are pregnant for the first time. Some adjustments may be required to accept changes in body and lifestyle before and during pregnancy. Women are stressed because they can't control their bodies, and they worry and fear what will happen to them as a result of physical, emotional, and mental changes.

The community service team referred to some studies about pregnancy written by researchers to support the program. Babbar surveyed members of the central obstetrics and gynecology association and researched for his research the use of complementary and alternative medicine in modern obstetrics [1]. A mismatch between pregnancy intention and spouse breastfeeding duration urged Wallenborn's investigation of the 2011-2013 national family growth survey [2]. Arajo investigated the effects of relaxation on depression rates in women with high-risk pregnancies in a randomized clinical trial [3]. Forrest used the measurement of arterial stiffness in pregnancy as a predictive tool for hypertensive disorders of pregnancy and preeclampsia [4]. Anemia is common during pregnancy, according to Onyeneho, who studied public perception and management of anemia in pregnancy in Anambra State, Nigeria [5]. In German, Schürger examined integrative drug demand among pregnant and childbirth women [6]. Mueller studied the effects, side effects, and contraindications of relaxing massage during pregnancy in a systematic review of randomized controlled trials [7]. The effect of gestational weight gain on infant birth weight among mothers attending antenatal care at a private clinic in Mekelle City, Northern Ethiopia was investigated [8]. The effect of an experience-focused prenatal program on stress, anxiety, childbirth beliefs, and mother-baby attachment in women in their first pregnancy was studied by Park [9]. Creating a complex intervention to support pregnant women with mild to moderate anxiety is an application of Evans' research on the Medical Research Council framework [10].

Steiner analyzed the patient perspective on the doctor-patient partnership in adults with congenital heart disease to achieve comprehensive prenatal care [11]. Ruqaiyah proposed the Hamilton anxiety rating scale (HARS) method for assessing anxiety levels in primigravida women (weeks 28–40) [12]. Davenport conducted a systematic review and meta-analysis on exercises for preventing and treating low back pelvic girdle and lumbar pain during pregnancy [13]. Wall-Wieler used connectable administrative data for his retrospective population-based cohort study for adolescent pregnancy outcomes among siblings and mothers [14]. Is there a link between social status, migration background, and the use of non-medical antenatal services? Ludwig sought the answer in his study [15]. Rajavuori researched maternal risk factors for urinary incontinence during pregnancy and postpartum in a prospective cohort study [16]. J. Alkaabi investigated the burden, associated risk factors, and adverse outcomes of gestational diabetes mellitus in twin pregnancies in Al Ain, UAE [17]. Narayan applied a developmental and people-oriented approach to victims of early childhood and intimate partner physical violence during pregnancy [18]. Twizelimana studied the pregnancy correlation among female sex workers (FSW) in semi-urban Blantyre, Malawi [19]. Tang looked into the effects of prenatal maternal underweight on pregnancy and perinatal outcomes in clotting policies [20].

Kuznetsova [researched maternal immunization with a reduced-antigen tetanus-diphtheria-acetyl pertussis (Tdap) vaccine over 14 years [21]. Based on a favorable finding from a recent Indian demographic health survey, Patel investigated the effect of sanitation practices on adverse pregnancy outcomes in India [22]. The determinants of unwanted pregnancy among currently married women in Uganda were studied by Wasswa [23]. Morena's systematic review and meta-analysis of papillary tissues versus metformin aims to improve pregnancy outcomes in overweight pregnant women [24]. René conducted a qualitative meta-synthesis for couples' experiences of pregnancy as a consequence of assisted reproductive technology [25]. Pilewska-Kozak studied the evaluation of women's health behaviors in multiple pregnancies as a pilot study [26]. Isaacs reviewed women's emotional and psychological experiences during high-risk pregnancies [27]. Sasmaya compared maternal soluble ST2 levels in the third trimester of normal versus preeclampsia [28]. Lemmens researched the use of activity monitors during pregnancy to help reduce excessive pregnancy weight gain [29]. Andersen analyzed the pregnancy outcome after maternal or paternal teriflunomide exposure in the Danish MS population [30].

Yoga can be beneficial in a variety of ways during pregnancy. Yoga, on the physical level, offers a program that can aid in the development and growth of a new body and relieve and reduce discomfort and prevent long-term body damage. Previous research on prenatal yoga has served as a resource for this community service. Li used high-frequency ultrasound for the effectiveness of yoga on intrarectal distance in early postpartum women [31]. In his high-frequency ultrasound, Wadhwa investigated the effect of antenatal exercise, including yoga, on labor, delivery, and pregnancy [32]. Cramer examined the characteristics of pregnant women who practiced yoga in various locations [33]. Yuvarani conducted a study to compare the effects of aerobic exercise and yoga on depression and anxiety in primiparous mothers [34]. Renugasundari studied the effect of short-term yoga practice on cardiometabolic risk, fetomaternal outcome, and psychophysical health in women with gestational diabetes mellitus [35]. Ruqaiyah investigated the expression of MRHR-CRHR1 (CRH Receptor Type I) and the effect of prenatal yoga on prima gravida mothers in the third trimester [36]. Danielli reviewed and analyzed the Effect of Supervised Exercise on the Development of Pregnancy Hypertensive Disorders [37]. The demand for integrative medicine among pregnant women and mothers in child care: a survey conducted by Schürger [6]. Babbar conducted a survey of the Association of Centers for Obstetricians and Gynecologists for the use of complementary and alternative medicine in modern obstetrics [1]. Levett conducted a randomized controlled trial of antenatal integrative medicine for pain management in labor for complementary therapies for labor and delivery studies [38]. Unfortunately, many women today choose to rest more during pregnancy and treat it as if it were a fragile porcelain cup. The results of a lack of female activity will reduce the quality of health for both the mother and the fetus. Furthermore, a lack of communication between mother and fetus will affect the child's intelligence and well-being later in life. Yoga and meditation practiced regularly during pregnancy will establish harmonious communication between the mother-to-be and her baby, providing a memorable experience to enjoy every second full of wonders from the process of human birth into the world and make pregnancy an unforgettable spiritual experience [3], [39].

Yoga practice videos can be found online if anybody wants to practice at home. However, for the first time, it is highly recommended to come to a yoga studio first to get to know the proper yoga movements, especially for pregnant women. But because of COVID-19, they couldn't do it. For this reason, the purpose of this community service program is to guide pregnant women to do yoga online; that way, they are supervised by a trainer or midwife. Then they can continue practicing by themselves and apply some of the postures from the prenatal yoga class they have attended.

2. Method

The community service was carried out online via Zoom on June 4, 2021. The activities included gentle birth classes followed by prenatal yoga practice. The PRA (participatory rural appraisal) method was used to encourage partners (pregnant women) to take a more active role in improving their knowledge and attitudes toward gentle births. Pregnant women experience physical and psychological changes that can cause discomfort, including dyspnea, insomnia, pressure and discomfort in the perineum, back pain, constipation, fatigue, cramps, mood swings, and increased anxiety. Fear of facing the birth process because of pain causes fear and anxiety. Stress or anxiety related to various pregnancy outcomes, pain, and other somatic complaints coexists with mood disorders. Low back pain (LBP), which may begin early in the trimester, reaches a peak in the second and third trimesters of pregnancy, and the pain intensity worsens with at-risk pregnancies.

The first step in implementing this program was identifying the problem. Through interviews and observations, it was discovered that the data pertaining to breech birth was pretty high. In breech birth, the baby's position will change during early pregnancy and before delivery. This change in the baby's position, which appears upside down, is normal. It aims to facilitate the birth process and open the birth canal. The above-the-cervix of the baby's head will be the first to go out, followed by the body, hands, and feet. Unfortunately, the baby can sometimes be in a breech position, where its position remains unchanged.

The second step was a need analysis to determine which program plans were required by partners, specifically increasing pregnant women's knowledge to create a gentle birth. The program was structured according to the partner's problems to be effective. The goal was for pregnant women in their second and third trimesters to practice opening their pelvis early and breathing for a gentle birth. The yoga position aims to raise the pelvic area and create space in the abdomen so that the baby can turn its head into a breech position. The final step was program implementation via zoom. The speaker showed interactive videos and power points, and pregnant women participated in discussions and continued with yoga practice with the assistance of a supervisor or midwife.

3. Results and Discussion

This community service activity is carried out online (zoom) as shown in Figure 1. The picture shows that this activity is attended by 21 pregnant women from several regions. Pregnancy can cause changes in physical conditions and fluctuating emotions for women who experience it. This physical and emotional change is actually a normal condition, which is almost the same pre menstruation syndrome. Physical changes that occur, such as insomnia, pressure and discomfort in the perineum, back pain, constipation, fatigue, cramps, mood swings, and increased anxiety. The purpose of this program was to educate pregnant women to go through the process of pregnancy and childbirth smoothly and go through the early phases of a baby's life provided with basic knowledge. The material in the class for pregnant women was delivered by midwife students. However, they also exchanged knowledge or shared it with other pregnant women taking the class, so this activity was also used as a socialization event for pregnant women.

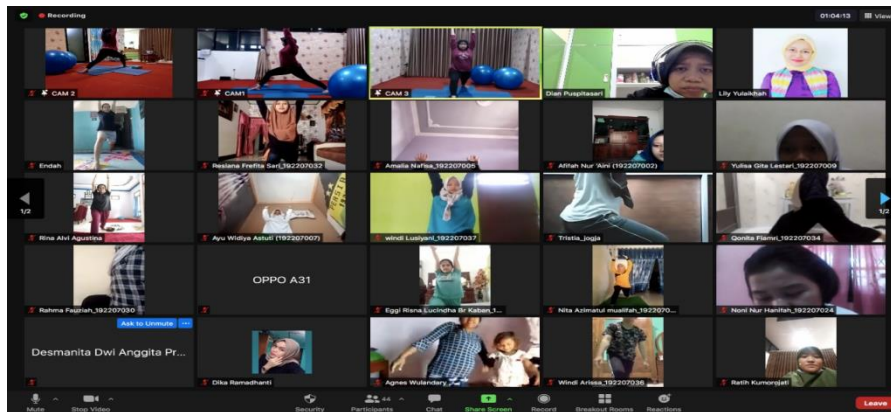


Fig. 1. Zoom meeting for the community service program implementation

Pregnant women experience three main psychological conditions: anxiety, depression, and happiness. Anxiety is defined as the presence of worry or the prediction of a threat that endangers the individual. Anxiety is an individual's complex emotional reaction triggered by a specific situation considered threatening by the individual who experiences it.

Gentle birth, also known as natural birth, is a method of giving childbirth with a holistic approach that is friendly to the soul, upholds the wisdom of childbirth that bends to nature principles, and is performed in a friendly and familiar environment for a mother. Gentle birth's role is to convey an understanding of how childbirth is regarded as a natural phenomenon that is part of the human life cycle. Yoga for pregnant women has been shown to help with the success of gentle births by reducing discomforts such as low back pain, back pain, and dysfunctional pubic symphysis and helping fix the baby's position during the pregnancy.

Morning walks, static cycling, aerobics, water exercise, dancing, and yoga were all examples of preventive measures taken during pregnancy to ensure the mother and fetus' health and a normal delivery process. Pregnancy exercise methods include yoga, Pilates, Kegels, and hypnotherapy. Yoga is an Indian holistic approach to physical, mental, and spiritual well-being. It entails a combination of stretching, breathing, postures, and meditation that promote health and spiritual growth in the practitioner. Prenatal yoga is a modified form of hatha yoga tailored to pregnant women's needs. According to the findings, 11 pregnant women (42.8%) experienced discomfort during their pregnancy. The complaints were caused by abdominal enlargement, anatomical changes, and hormonal changes, resulting in low back pain, body swelling, and abdominal cramps. This discomfort disrupted sleep and affected the fetus's health. Sports and relaxation exercises had been used to combat this.

The purpose of prenatal yoga conducted online by the community service team is to physically and mentally prepare pregnant women for the birth process. The pre-test was conducted to measure the participants' knowledge about gentle birth. Table 1 reveals that knowledge about gentle birth and prenatal yoga has increased before and after attending the gentle birth class. The pretest results are presented in the table. The majority, nine pregnant women (42%), have good knowledge, but four (19%) have poor knowledge.

Table 1. The results of the pretest

<i>No</i>	<i>Knowledge Level</i>	<i>Number</i>
1	Good	09
2	Sufficient	08
3	Poor	04
	Total	21

Table 2 displays the post-test results from this community service. The table shows 15 pregnant women (71.4%) have good knowledge.

Table 2. The posttest results

<i>No</i>	<i>Knowledge Level</i>	<i>Number</i>
1	Good	15
2	Sufficient	04
3	Poor	02
	Total	21

Table 3 displays the parity of 14 Primigravida pregnant women (66.6%), six Multigravida (28.5%) and one Grandemultigravida (4.7%).

Table 3. Results of the parity history

<i>No</i>	<i>Parity</i>	<i>Number</i>
1	Primagravida	14
2	Multigravida	6
3	Grandemultigravida	1
	Total	21

Table 4 lists the complaints of 13 pregnant women (61.19%) who are in pain during their pregnancy. Five pregnant women with back pain complaints (38.4%), four pregnant women with swollen feet complaints (30.7%), two pregnant women (15%) with pubic bone pain, and two pregnant women (15%) with abdomen cramps

Table 4. Complaints of pregnant women

<i>No</i>	<i>Knowledge level</i>	<i>Number</i>
1	Swollen foot	04
2	Back Pain	02
3	Pubic bone pain	02
4	Cramps	02
5	No complaints	08
	Total	21

4. Conclusion

Prenatal yoga stresses regulating breathing, stretching, body postures, and body relaxation. These things are crucial during pregnancy, considering the physiological changes. In general, prenatal yoga is safe for pregnant women to do. Mothers with healthy pregnancy conditions are relatively safe to do yoga. Prenatal yoga will be safe if done at the right time, with balanced frequency, a suitable place, and safe movements. Prenatal yoga can be done independently at home by following the guidelines. The Pretest knowledge of pregnant women shows that nine pregnant women (42%) have good knowledge of gentle birth, and four pregnant women have poor knowledge (19%). The post-test results on 15 pregnant women (71.4%) show an improvement after the program has been implemented. During the problem identification, 13 pregnant women (61.19%) complained of discomfort, including five pregnant women with back pain (38.4%), four pregnant women with swollen legs (30.7%), two pregnant women (15%) with pubic bone pain, and two pregnant women (15%) with cramps in the stomach.

Pregnant women are advised to perform yoga movements according to the instructions provided in online classes. Avoid unsafe yoga poses and stop when feeling uncomfortable. Health workers, especially midwives, continue socializing prenatal yoga for pregnant women and encouraging them to do prenatal yoga exercises that are beneficial for both physically and psychologically preparing pregnant women for delivery.

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Author Contribution

The activity plan in order to contribution carries the theme Towards Gentle Birth with Pregnant Women at the Faculty of Health Unjani Yogyakarta.

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Conflict of Interest

The authors declare no conflict of interest.

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