

Prenatal Yoga for a Pain-Free Pregnancy: A Natural Remedy for Back Discomfort

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Prenatal Yoga for a Pain-Free Pregnancy: A Natural Remedy for Back Discomfort

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ABSTRACT

There will be many physical and psychological changes in the mother during the course of her pregnancy. Pregnant women frequently have discomfort or complaints during their pregnancy, with back pain being one of the causes. Ligament redistribution is another common problem. Prenatal yoga is one of the methods for overcoming this discomfort. The muscles surrounding the spine become more flexible during pregnancy yoga. This study was designed to find out how well prenatal yoga worked in reducing back pain in second and third trimesters of pregnancy. This study design employs a quasi-experiment with a pretest and posttest without a control group. 34 pregnant women with back pain who were in the second and third trimesters made up the sample. Purposive sampling and the Numeric Pain Rating Scale (NPRS) as a pain scale measuring instrument were employed in the sample process. For six weeks, the participants received a once-weekly prenatal yoga intervention. This study was carried out in Kediri City's Gayatri Mom and Baby Spa. According to the study's findings, all pregnant women reported back discomfort prior to beginning a yoga practice—50% of them had mild back pain. Just ten pregnant women reported experiencing pain after practicing yoga, while twenty-four reported feeling no pain at all. The Asym value was derived from statistical testing using the Wilcoxon Signed Rank Test results. The statistical significance of Sig of 0.000 (p value < 0.05) indicates that offering prenatal yoga training at Gayatri Mom and Baby Spa has an impact in lowering back pain in expectant mothers. This study concludes that pregnant women's back pain can be effectively reduced by practicing prenatal yoga. Prenatal yoga is intended to be used in conjunction with complementary midwifery care, particularly with regard to pregnancy care.

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1. INTRODUCTION

Amid the pregnancy period, numerous sorts of physiological changes happen within the mother, counting physical and mental changes within the pregnant lady. Amid the pregnancy handle, it isn't unprecedented for pregnant ladies to involvement a few complaints. Indeed though these complaints happen normally, they are very exasperating and still ought to be anticipated with great pregnancy care. A few complaints that can happen in third trimester pregnant ladies incorporate visit urination (50%), vaginal release (15%), clogging (40%), heart burn (30%), edema (20%), leg issues (10%),

discombobulation (20%), extend marks (50%), hemorrhoids (60%), shortness of breath, and back torment (50%) (Babbar & Shyken, 2016)

Based on a study conducted by Bullock et al. (2017) found that around 88.2% of pregnant women experience back pain in America. In Brayshaw's (2018) research, it was found that 62% of pregnant women at 14-22 weeks gestation reported the discomfort of lower back pain (Brayshaw, 2018). Other research states that 70% of pregnant women experience low back pain (LBP). Pregnant women can start to feel back pain from the beginning of the second semester to the third trimester of pregnancy (Beti Nurhayati et al., 2021)

Several factors can cause complaint of back pain in pregnant women, namely: the pregnant woman's body posture which changes along with the gradual increase in weight during pregnancy and the redistribution of ligaments caused by the body's center of gravity changing. When this is combined with tension in the abdominal muscles, it causes pressure on the shoulders and the muscles in the back area tend to shorten due to the load or the abdominal muscles continuing to enlarge. The causes above can cause imbalance or tension in the muscles around the pelvis, and this tension can spread until it is felt, especially in the upper back area and even down to the lower back (Wulandari et al., 2020).

Back torment that regularly happens is within the lumbosacral zone (upper back). In the interim, lower back torment can increment in concentrated as pregnancy advances. The rise of complaints of back torment is caused by the increment in weight of the uterus during pregnancy, particularly within the third trimester. Back torment can too be caused by intemperate twisting or off-base bowing, strolling ceaselessly, lifting over the top weights. Back torment can gotten to be worse if the pregnant lady is physically depleted. The correct way to lift weights is required to diminish or compound back torment in pregnant ladies (Rejeki et al, 2019).

If complaints of back pain are not handled properly, it can certainly cause long-term back pain which can persist until postpartum which tends to be chronic and therefore more difficult to cure. Efforts that can be made by midwives in dealing with pregnant women with back pain are providing health education through preventive efforts against back pain for pregnant women. One way that can be done is by exercising. One type of exercise that is proven safe for pregnant women is yoga. By doing yoga regularly, pregnant women can relieve muscle tension and minimize or even eliminate complaints commonly felt by pregnant women, including back pain (Rafika, 2018).

Pre-birth yoga (yoga amid pregnancy) may be a altered sort of hatha yoga which is adjusted to the conditions of pregnant ladies. The point of pre-birth yoga is to get ready ladies amid pregnancy both physically, rationally and profoundly to plan for the birthing handle. yoga amid pregnancy. A combination of certain postures and procedures can be valuable for diminishing or eliminating complaints amid pregnancy. Pre-birth yoga could be a development of science that clarifies the relationship between physical, mental and otherworldly people to realize all encompassing wellbeing (Ningsih et al., 2022).

From the comes about of Fitriani's investigate on the adequacy of pre-birth yoga for back torment, it was found that pre-birth yoga was viable in diminishing back torment in third trimester pregnant ladies as there was a noteworthy contrast in viability between pregnancy work out and pregnant yoga for complaints of lower back torment in third trimester pregnant ladies, where Pre-birth yoga is more compelling in decreasing back torment than pregnancy work out. The comes about of another consider from Wulandari et al in Kendal moreover appeared that there was an impact of pre-birth yoga on back torment in third trimester pregnant ladies. Other investigate too states that there's a diminish within the level of back torment within the moment and third trimesters of pregnancy after customary pre-birth yoga. From the foundation over, analysts are fascinated by conducting inquire about on the impact of yoga amid pregnancy on back torment in pregnant ladies (Fitriani, 2019)

2. RESEARCH METHOD

The inquire about strategy utilized in this inquire about is semi explore or semi test inquire about. The investigate plan utilized was Pretest and Posttest Without Control Bunch Plan. This investigate

was conducted at the Gayatri Mother and Infant Spa, Kediri City in 2023. The number of tests was 34 pregnant ladies within the second and third trimesters who had complaints of back torment. The examining framework utilized is purposive inspecting. The information collection instrument was the Numeric Torment Rating Scale (NPRS) survey. The test was given instruction almost pre-birth yoga and given pre-birth yoga mediation 6 times with an escalated of once a week and a term of 60 minutes for each lesson. At that point the back torment scale was measured after pregnant ladies routinely did pre-birth yoga. Information examination utilized SPSS with the Shapiro Wilk information ordinariness test and to decide the impact utilizing the Wilcoxon Test (Wilcoxon Marked Rank Test).

3. RESULTS AND DISCUSSIONS

Univariate analysis

Table 1 Age distribution of respondents

Age (year)	Frequency	%
< 20	2	6
20-35	24	70.5
>35	8	23.5
	34	100

From table 1 above, the results show that the majority of respondents (70.5%) are aged 20-35 years. Meanwhile, the fewest respondents were in the age range of less than 20 years.

Table 2 Distribution of respondents' education

Education	Frequency	%
Elementary school	1	3
Junior high school	8	23.5
Senior High School	16	47.5
Bachelor	9	26
	34	100

From table 2 over, the comes about appear that nearly half of the respondents (47.5%) have a history of formal instruction, tall school graduates/equivalent. In the interim, the least were respondents with rudimentary school graduate instruction, to be specific 3%.

Table 3 Distribution of respondents' gestational age

Gestational age	Frequency	%
24-28	8	23.5
29-32	5	15
33-36	12	35
36-40	9	26.5
	34	100

From table 3 over, the comes about appear that the most elevated gestational age of respondents (35%) is 33-36 weeks of incubation. In the interim, the most reduced were respondents with a gestational age of 29-32 weeks, to be specific 15%.

Bivariate Analysis ¹²

Table 4 Levels of back pain in pregnancy before and after giving Prenatal Yoga intervention

Pain Level	Before yoga		After yoga	
	Frequency	%	Frequency	%
No pain	0	0	21	62
Mild pain	17	50	9	26
Moderate Pain	10	29	4	12
Severe pain	7	21	0	0

Very Painful	0	0	0	0
Mean	2.222		0.63	
P value	0.0000			
	34	100	34	100

Based on Table 4, it can be seen that there has been a diminish within the level of back torment from some time recently yoga, there were 34 pregnant ladies who felt back torment (50% had mellow back torment) to as it were 10 individuals who felt back torment and 62% of pregnant ladies not felt any back torment after given pre-birth yoga.

Based on Table 4, the comes about appeared that the normal esteem of back torment level some time recently being given pre-birth yoga six times was 2.222 and the normal esteem of back torment level after being given prenatal yoga was 0.63 and the distinction within the normal esteem between the level of torment some time recently and after being given pre-birth yoga was 1.4 and the p esteem was 0.000.

From the comes about of factual tests with the Wilcoxon Marked Rank Test, the Asym value was gotten. Sig is 0.000 (p esteem < 0.05) meaning that there's an impact between giving pre-birth yoga preparing on lessening back torment in pregnant ladies at Gayatri Mother and Infant Spa. From the information gotten, it was too found that pre-birth yoga was profoundly compelling in lessening back torment in pregnant ladies.

Back pain during pregnancy is usually considered a normal complaint that occurs during pregnancy and will disappear by itself after giving birth. More than 50% of pregnant women in Indonesia complain of back pain. According to several studies on back pain in pregnancy, the prevalence of back pain in pregnant women ranges from 24-90%. Although back pain is a physiological symptom that occurs due to physical changes during pregnancy, the causal mechanism is not well understood (Yilmaz Esencan & Rathfisch, 2023).

A few inquire about comes about appear that expanded weight or pressure on the spine, diminished solidness of the pelvic tendons is the most cause. Separated from that, an increment in stomach estimate, an increment in fetal weight, and muscle clutters amid pregnancy have moreover been demonstrated to be causes of back torment complaints in pregnant ladies. The increment in muscle and joint versatility amid pregnancy moreover contributes to the rate of back torment in pregnancy. Different endeavors have been made to examine the causes of expanded joint versatility amid pregnancy. A few ponders recommend that the hormone relaxin can impact the frequency of back torment amid pregnancy. Apart from that, there's moreover an increment within the hormone relaxin amid pregnancy and procollagen which can trigger back torment within the moment and third trimesters of pregnancy (Holden et al., 2019).

Apart from the physical changes that occur, back pain can also be caused by a poor lifestyle, such as poor body posture for pregnant women. Various ways of sitting, standing, walking that are not correct during pregnancy can cause changes in the position of the bones and nerves in the lumbosacral area (lumbar vertebrae and sacrum) causing them to overlap or become too loose, causing complaints of back pain. Improper body posture, especially with increasing gestational age, causes tension to appear in various areas, especially the back (Telles et al., 2019).

From the investigate comes about of Wulandari et al (2020), it was found that there was an impact of pre-birth yoga on back torment in pregnant ladies within the third trimester. From the comes about of information collection on 18 respondents from third trimester pregnant ladies who experienced back torment, there was a diminish within the normal number of back torment from 5.11 to 3.83 some time recently and after being given pre-birth yoga six times with a term of 30 minutes per lesson. From this inquire about it was moreover clarified that respondents were eager approximately practicing pre-birth yoga together. Within the to begin with week, numerous members experienced complaints of back torment, in any case, after accepting data and instruction approximately the benefits of pre-birth yoga, particularly for lessening complaints of back torment, pregnant ladies got to be much more eager (Wulandari et al., 2020).

From the results of Rejeki and Fitriani's research in 2019 [4], 30 second and third trimester pregnant women in Tegal, it was also found that prenatal yoga had an effect on reducing the intensity of back pain during pregnancy. In this study, there was a reduction in the level of back pain from 30 pregnant women to 18 pregnant women who felt pain and 100% felt the intensity of the pain reduced or even no pain at all (Tanjung Rejeki & Fitriani, 2019).

A study in the *International Journal of Nursing Studies* states "Promoting good posture [13] regular exercise can be recommended as methods to relieve back pain in pregnant women." From the results of this study, it can clearly be concluded that good body posture for pregnant women can maintain the alignment of the mother's body, thus reducing tension in the back. Exercise is one of the things pregnant women need to do to prevent or reduce back pain. Yoga is one type of exercise that can be done by pregnant women. Yoga includes frequent movements that can help minimize or eliminate common discomforts during pregnancy, such as back pain (Sun et al., 2010). Prenatal yoga is a type [20] yoga that can be done specifically for pregnant women with movements that are safe and according to the needs of pregnant women. Prenatal yoga has many benefits both during the pregnancy process and even through childbirth. The benefits of prenatal yoga are not only physical, which can reduce various complaints during pregnancy, but can also improve the mother's mental health and make the mother more relaxed. Prenatal yoga is also a means of preparing for a normal birth process that is comfortable and minimally traumatic (Islami & Ariyanti, 2019).

From this research, the results showed that there [1] as a decrease in the number of back pain in pregnant women, where initially there were 34 (100%) pregnant women who complained of back pain, down to 10 respondents (34%) who felt pain. Likewise, from variations in pain levels there was a significant decrease where there were 21% of mothers who experienced back pain on the severe scale and 29% on the moderate pain scale, decreasing to 0% of mothers who experienced severe back pain and only 12% who experienced mild back pain (Dewi & Febriyanti, 2022).

Prenatal yoga given to respondents was proven to be very effective in reducing the intensity of back pain in pregnant women. Yoga exercises were given six times at intervals of two times for one week. Apart from providing yoga exercises or movements, respondents were also given breathing exercises and relaxation at the end of the exercise session so that respondents felt very calm and fresh compared to before the exercise. Every time the exercise is given, education is also given about the purpose and benefits of yoga for pregnant women, thus increasing the enthusiasm of the respondents (Beti Nurhayati et al., 2019).

From the comes about of measurable tests with the Wilcoxon Marked Rank Test, the Asym esteem was gotten. Sig is 0.000 (p esteem < 0.05) meaning that there's an impact between giving pre-birth yoga preparing on decreasing back torment in pregnant ladies at Gayatri Mother and Infant Spa. From the information gotten, it was moreover found that pre-birth yoga was profoundly compelling in diminishing back torment in pregnant ladies. This sort of yoga posture can give development that relaxes the muscles within the back region, gives plentiful space for the hatchling, and unwinds muscle pressure so that it can decrease back torment for pregnant ladies.

From this research, it was also found that regular prenatal yoga for 1-1.5 hours 1-2 times a week helps reduce muscle tension and build muscle, strengthen bones and make joints more flexible. Yoga poses can stimulate the release of endorphins and provide a feeling of well-being in the body. Prenatal yoga is very suitable for pregnant women because it can improve the mother's overall well-being, be it physical, mental, social and spiritual.

4. CONCLUSION

The conclusion of this investigate is that there's an impact of giving pre-birth yoga works out on the rate of back torment in pregnant ladies. Pre-birth yoga has tall viability in decreasing the level of back torment amid pregnancy. Pre-birth yoga done routinely for 1-1.5 hours at interims of 1-2 times a week can release pressure within the lumbosacral range and unwind the muscles around the back so that it can diminish torment within the back region amid pregnancy.

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