

PENGARUH KOMBINASI PRENATAL YOGA DAN AFIRMASI POSITIF TERHADAP TEKANAN DARAH IBU HAMIL DAN LUARAN PERSALINAN

Nahdiyah Karimah^{1*}

¹Midwifery Department, Vocational School, Sebelas Maret University

Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p> <hr/> <p>Keywords: Hypertension Positive affirmation Pregnant Prenatal yoga</p>	<p>Latar belakang: Pada tahun 2024 angka kematian ibu di Indonesia tercatat 90,39 per 100.000 kelahiran hidup, dengan penyebab utama yaitu hipertensi. Prenatal yoga yang dikombinasikan dengan afirmasi positif berpotensi menjadi pilihan intervensi nonfarmakologis yang dapat melengkapi pengobatan medis. Tujuan: Menganalisis pengaruh kombinasi prenatal yoga dan afirmasi positif terhadap tekanan darah ibu hamil dan luaran persalinan. Metode: Penelitian eksperimen murni menggunakan desain <i>pretest-posttest control group</i>. Dilaksanakan pada tanggal 12 Mei – 4 Agustus 2025 di wilayah kerja Dinas Kesehatan Kabupaten Sukoharjo. Jumlah sampel sebanyak 42 ibu hamil yang mengalami hipertensi dengan usia kehamilan 28-37 minggu, serta memenuhi kriteria inklusi dan eksklusi, lalu diacak ke kelompok eksperimen dan kontrol. Kelompok eksperimen melakukan prenatal yoga (30 menit) dan afirmasi positif (10 menit) sebanyak 1x per hari selama 30 hari, serta mengkonsumsi obat. Sedangkan, kelompok kontrol hanya mengkonsumsi obat. Instrumen meliputi lembar observasi pengukuran tekanan darah, APGAR skor, dan berat badan bayi. Analisis data secara univariat (rerata) dan bivariat (<i>Independent T-Test</i>). Hasil: Terdapat perbedaan signifikan rerata tekanan darah pada kedua kelompok ($p=0,0001$). Kelompok eksperimen menunjukkan penurunan <i>sistole</i> 20,08 mmHg dan <i>diastole</i> 9,22 mmHg, sedangkan kelompok kontrol hanya terjadi penurunan <i>sistole</i> 5,12 mmHg dan <i>diastole</i> 3,66 mmHg. Perbedaan signifikan juga ditemukan pada APGAR skor ($p=0,0001$) dan berat badan bayi ($p=0,021$). Simpulan: Kombinasi prenatal yoga dan afirmasi positif berpengaruh terhadap tekanan darah ibu hamil dan luaran persalinan. Tenaga kesehatan dapat mengintegrasikan kombinasi prenatal yoga dan afirmasi positif dalam program pelayanan antenatal untuk mengatasi hipertensi dalam kehamilan.</p> <p>ABSTRACT Background: In 2024, Indonesia's maternal mortality rate was 90.39 per 100,000 live births, with hypertension as the leading cause. Prenatal yoga combined with positive affirmation offers potential non-pharmacological intervention to complement medical treatment. Objective: To analyze the effect of combining prenatal yoga and positive affirmation on maternal blood pressure and birth outcomes. Methods: True experimental design with pretest–posttest control group. Applied from May 12 to August 4, 2025, in the working area of the Sukoharjo District Health Office. The sample consisted of 42 pregnant women with hypertension, at 28–37 weeks' gestation, also meeting inclusion and exclusion criteria, were randomly allocated to experimental and control groups. The experimental group performed prenatal yoga (30</p>

*minutes) and positive affirmation (10 minutes) once daily for 30 days, along with prescribed medication, whereas the control group received medication only. Instruments included observation sheets for blood pressure measurement, APGAR scores, and infant birth weight. Data were analyzed with univariate (mean) and bivariate (Independent t-test) analyses. **Results:** There was significant difference in mean blood pressure between two groups ($p=0.0001$). The experimental group showed systolic decrease of 20.08 mmHg and diastolic decrease of 9.22 mmHg, while control group showed only 5.12 mmHg systolic and 3.66 mmHg diastolic decrease. Significant differences were also found in APGAR scores ($p=0.0001$) and infant birth weight ($p=0.021$). **Conclusion:** Combination prenatal yoga and positive affirmation effectively lowers maternal blood pressure and improves birth outcomes. Health professionals can integrate this combined intervention into antenatal care programs to help control hypertension during pregnancy.*

**Corresponding Author: nahdiyahkarimah@staff.uns.ac.id*
