ABSTRAK

Abstract

Low back pain (LBP) during pregnancy can disrupt physical activity, sleep patterns, and overall quality of life. One safe and effective therapy to alleviate it was prenatal gentle yoga. This study aimed to determine the effect of prenatal gentle yoga on LBP levels in pregnant women at Hulonthalangi Health Center.
The study design used a quasi-experimental approach with a pretest-posttest control group. A total of 24 pregnant women were divided into two groups: the intervention group (prenatal gentle yoga) and the control group (leaflet education). The independent t-test results showed a mean difference in pain of -2.83 points with a p-value of 0.000 (p<0.05), indicating a significant reduction in pain in the intervention group.
As many as 83.3% of respondents in the yoga group experienced decreased pain from moderate/severe to mild/no pain, while only 33.3% in the control group showed similar improvement. These results indicated that prenatal gentle yoga significantly reduced LBP in pregnant women.

Keywords: *Prenatal Gentle Yoga; Low Back Pain; Pregnant Women*

Abstrak

Low back pain (LBP) selama kehamilan dapat mengganggu aktivitas fisik, pola tidur, hingga kualitas hidup. Salah satu terapi yang aman dan efektif untuk meredakannya adalah *prenatal gentle yoga*. Tujuan penelitian ini untuk mengetahui pengaruh *prenatal gentle yoga* terhadap tingkat LBP pada ibu hamil di Puskesmas Hulonthalangi. Desain penelitian menggunakan *quasi experiment* dengan *pretest-posttest control group*. Sebanyak 24 ibu hamil dibagi menjadi dua kelompok, yakni intervensi (*prenatal gentle yoga*) dan kontrol (edukasi leaflet). Hasil uji *independent t-test* menunjukkan selisih rata-rata nyeri -2.83 poin dengan *p-value* 0.000 ($p<0.05$), yang berarti ada penurunan nyeri signifikan pada kelompok intervensi. Sebanyak 83.3% responden kelompok yoga mengalami penurunan nyeri dari sedang/berat ke ringan/tidak nyeri, sementara kelompok kontrol hanya 33.3%. Hasil ini menunjukkan *bahwa prenatal gentle yoga* efektif secara signifikan dalam mengurangi LBP pada ibu hamil.

KataKunci: *Prenatal Gentle Yoga, Low Back Pain*, Ibu Hamil