

## ABSTRAK

### PENGARUH INTERVENSI LATIHAN YOGA TERHADAP SKOR KECEMASAN, KADAR PROLAKTIN, OKSITOSIN DAN SKOR PENGELUARAN ASI (Studi pada Ibu Primigravida Trimester III dan Postpartum)

**Latar Belakang:** Penghentian ASI secara dini dilakukan oleh primipara dengan alasan pengeluaran ASI sedikit ataupun kecemasan. Penelitian yang sudah ada belum mempertimbangkan faktor perancu sehingga hasil bervariasi dalam menggambarkan pengeluaran ASI. Yoga diharapkan menjadi upaya meningkatkan pengeluaran ASI dan kesejahteraan psikologis masa postpartum dengan menurunkan kecemasan. Tujuan penelitian adalah mengetahui pengaruh yoga pada ibu primigravida dan postpartum terhadap skor kecemasan, kadar prolaktin, oksitosin dan skor pengeluaran ASI.

**Metode:** *Quasy experiment pretest posttest control group design*. Subjek penelitian dipilih saat kehamilan trimester III dan diikuti sampai postpartum, dibagi menjadi kelompok perlakuan (Puskesmas Adan-adan dan Sidorejo, n = 30) dan kelompok kontrol (Puskesmas Gurah dan Bendo, n = 30). Kelompok perlakuan mendapatkan latihan yoga 4 kali pada trimester III dan 4 kali pada postpartum, durasi latihan 60 menit. Yoga postpartum diberikan pada 2 minggu setelah melahirkan. Kelompok kontrol mendapatkan asuhan kebidanan normal. Instrumen penelitian menggunakan kuesioner STAI, UNICEF dan pemeriksaan ELISA. *Pretest* dilaksanakan hari ke-4, *posttest* hari ke-40. Uji statistik menggunakan *paired t test*, RR, RRR dan ARR.

**Hasil:** Antara kelompok perlakuan dengan kontrol terdapat perbedaan rerata skor kecemasan ( $29,1 \pm 4,76$  vs.  $31,9 \pm 5,84$ )  $p < 0,049$ , rerata kadar prolaktin ( $386,6 \pm 53,74$  vs.  $235,8 \pm 42,0$ )  $p < 0,001$ , rerata kadar oksitosin ( $248,3 \pm 27,59$  vs.  $209,3 \pm 33$ )  $p < 0,001$  dan rerata skor pengeluaran ASI ( $45,3 \pm 4,83$  vs.  $40,4 \pm 4,89$ )  $p < 0,001$ . *Treatment effect* skor kecemasan perlakuan vs kontrol RR = 8,13, RRR = 70%, ARR = 31%. Kadar prolaktin perlakuan vs kontrol RR = 2,25, RRR = 53%, ARR = 18%. Kadar oksitosin perlakuan vs kontrol RR = 2,79, RRR = 62%, ARR = 31%. Skor pengeluaran ASI perlakuan vs kontrol RR = 4,97, RRR = 57%, ARR = 25%.

**Simpulan:** Latihan yoga menurunkan skor kecemasan, meningkatkan kadar prolaktin, dan oksitosin serta skor pengeluaran ASI ibu postpartum primipara.

**Kata kunci:** Latihan yoga, skor kecemasan, kadar prolaktin, kadar oksitosin, skor pengeluaran ASI

## ABSTRACT

### **EFFECT OF YOGA EXERCISE INTERVENTION ON ANXIETY SCORES, LEVELS PROLACTIN, OXYTOCIN AND BREAST MILK SECRETION SCORES (Study in Primigravida Mothers in Third Trimester and Postpartum)**

**Background:** Early cessation of breastfeeding is carried out by primiparas for reasons of low milk production or anxiety. Existing research has not considered confounding factors so that results vary in describing breast milk expenditure. Yoga is expected to be an effort to increase breast milk production and psychological well-being in the postpartum period by reducing anxiety. The research aimed to determine the effect of yoga in primigravida and postpartum mothers on scores of anxiety, prolactin, oxytocin, and breast milk production.

**Methods:** Quasy experiment pretest posttest control group design. Respondents were taken during the third trimester of pregnancy and followed until postpartum, divided into a treatment group (Puskesmas Adan-adan Sidorejo, n = 30) and a control group (Puskesmas Gurah and Bendo, n = 30). The research instrument used the STAI, UNICEF questionnaire and ELISA examination. The treatment group received yoga exercise 4 times in the third trimester and 4 times postpartum, the duration of the exercise was 60 minutes. Postpartum yoga was given 2 weeks after giving birth. The control group received normal midwifery care. The pre-test was carried out on the 4th day, the post-test on the 40th day. Statistical tests use paired t test, RR, RRR and ARR

**Results:** Between the treatment and control groups there were differences in the mean level of anxiety ( $29.1 \pm 4.76$  vs.  $31.9 \pm 5.84$ )  $p < 0.049$ , the mean level of prolactin ( $386.6 \pm 53.74$  vs.  $235.8 \pm 42.0$ )  $p < 0.001$ , mean oxytocin level ( $248.3 \pm 27.59$  vs.  $209.3 \pm 33$ )  $p < 0.001$  and mean milk production rate ( $45.3 \pm 4.83$  vs.  $40.4 \pm 4.89$ )  $p < 0.001$ . Treatment effect anxiety level treatment vs control RR = 8.13, RRR = 70%, ARR = 31%. Treatment vs control prolactin levels RR = 2.25, RRR = 53%, ARR = 18%. Treatment vs control oxytocin levels RR = 2.79, RRR = 62%, ARR = 31% Treatment vs control milk production levels RR = 4.97, RRR = 57%, ARR = 25%.

**Conclusion:** Yoga practice reduces anxiety scores, and increases prolactin, oxytocin levels, and breast milk production scores in primiparous postpartum mothers compared to the control group.

**Keywords:** Yoga practice, anxiety scores, prolactin levels, oxytocin levels, breast milk secretion scores