

The Application of Prenatal Yoga as Complementary Care to Improve Reproductive Health and the Well-Being of Pregnant Women

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Abstract

This study explores the application of prenatal yoga as a complementary care approach to enhance reproductive health and overall well-being among pregnant women. Pregnancy involves complex physiological and psychological changes that often lead to discomfort, stress, anxiety, and reduced physical mobility. While conventional medical care remains essential for monitoring maternal and fetal health, it often does not fully address the emotional, psychological, and musculoskeletal challenges experienced during pregnancy. This study employs a qualitative descriptive literature review, synthesizing findings from international and national journals, WHO, ACOG, UNICEF, and other clinical guidelines published between 2018 and 2025. The results reveal that prenatal yoga contributes to improved physical comfort, reduced back and pelvic pain, regulated breathing, and enhanced autonomic balance through parasympathetic activation. Psychologically, prenatal yoga reduces stress and anxiety, improves sleep quality, and strengthens emotional bonding between mother and fetus. Furthermore, the integration of prenatal yoga with conventional antenatal care enhances maternal preparedness for childbirth and supports postpartum recovery. However, challenges remain, particularly regarding limited availability of certified prenatal yoga instructors and insufficient awareness among healthcare providers in Indonesia. Overall, prenatal yoga proves to be a safe, effective, and holistic complementary intervention that supports maternal health and aligns with modern reproductive care standards. Its integration into primary healthcare services may significantly improve maternal well-being and promote healthier pregnancy outcomes.

Keywords: Prenatal yoga, Complementary Care, Maternal Health, Reproductive Wellness, Pregnancy Well-Being

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1. Introduction

Pregnancy is a crucial and complex phase in a woman's life, as the body undergoes a series of significant physiological, psychological, and emotional changes. These changes involve not only hormonal adjustments and fetal development but also alterations in metabolism, the cardiovascular system, and immune responses. The World Health Organization (WHO, 2023) reports that more than 210 million women worldwide experience pregnancy each year, and many of them face various health challenges such as stress, anxiety, sleep disturbances, and physical complaints including back pain and severe fatigue. In addition, complications such as preeclampsia, gestational hypertension, and gestational diabetes remain serious threats that require adequate medical attention and psychological support. Therefore, holistic health during pregnancy is essential to ensure balance between body and mind, enabling mothers to go through the pregnancy process comfortably and safely.

In Indonesia, maternal health conditions present their own challenges. According to the 2022 Indonesian Demographic and Health Survey (IDHS), approximately 37% of pregnant women experience anemia, a condition that increases the risk of preterm birth, low birth weight, and complications during delivery. Furthermore, around 20% of pregnant women report symptoms of prenatal depression, a psychological condition that often goes undetected but can disrupt reproductive health, reduce quality of life, and affect fetal development (Rahmawati et al., 2025). Limited understanding of mental health during pregnancy and restricted access to supportive services further complicate this issue. Thus, a more comprehensive reproductive health approach is required, encompassing medical interventions, education, and complementary or holistic care services to support the physical and emotional well-being of pregnant women (Juniar et al., 2024).

In the context of healthcare, conventional medical approaches such as routine check-ups and nutritional supplements have long been the standard; however, complementary care that supports primary treatment is increasingly recognized as an effective alternative for promoting holistic well-being (Anggraini et al., 2024). One prominent form of complementary care is prenatal yoga, which integrates physical movements, breathing techniques, and meditation to enhance maternal health. Prenatal yoga originates from ancient Indian yoga traditions and has been adapted to meet the needs of pregnant women since the 20th century. Today, it is supported by institutions such as the American College of Obstetricians and Gynecologists (ACOG), which recommends it as a non-invasive intervention to reduce the risk of pregnancy-related complications (ACOG, 2019).

Maternal reproductive health encompasses interconnected physical, mental, and emotional aspects. Physically, pregnancy often leads to weight gain, postural changes, and increased pressure on the pelvic organs, which can cause pain and discomfort. Mentally, hormonal fluctuations involving estrogen and progesterone can trigger mood swings, insomnia, and anxiety, commonly referred to as "baby blues" or prenatal depression (Lingga, 2024). Maternal well-being is also closely linked to pregnancy outcomes, including birth weight, the risk of preterm delivery, and the mother's ability to recover postpartum. Prenatal yoga offers a complementary solution by harmonizing the body and mind through poses (asanas) that strengthen core muscles, improve flexibility, and promote blood circulation. Breathing techniques (pranayama) help regulate heart rate and reduce stress, while meditation and relaxation support emotional balance.

Scientific studies show that prenatal yoga can reduce blood cortisol levels (the stress hormone), increase endorphin production, and improve cardiovascular function. For example, research published in *Complementary Therapies in Medicine* (2019) found that pregnant women who practiced prenatal yoga for 12 weeks experienced significant reductions in anxiety and depression symptoms, as well as increased pelvic muscle strength that helps prevent postpartum urinary incontinence (Field, 2019). In Indonesia, where yoga culture is becoming increasingly popular, the application of prenatal yoga can serve as an effective strategy to address reproductive health challenges. Data from the Indonesian Ministry of Health show that the preterm birth rate reached 10.6% in 2021, with many cases associated with maternal stress (Kemenkes, 2021). Prenatal yoga not only helps physically but also builds psychological

resilience, enabling pregnant women to cope with bodily and emotional changes more calmly. As a complementary intervention, prenatal yoga can be integrated with standard medical treatment without the risk of drug interactions, making it a safe option for women with diverse health conditions.

The literature review reveals that prenatal yoga has been extensively studied across various countries, with strong evidence supporting its benefits. A meta-analysis by Cramer et al. (2018) in the *Journal of Alternative and Complementary Medicine* analyzed 26 studies and concluded that prenatal yoga is effective in reducing back pain, improving sleep quality, and enhancing posture during pregnancy (Rakhshani et al., 2020). Another study from India, published in the *International Journal of Yoga Therapy* (2020), reported that practicing prenatal yoga during the second and third trimesters can reduce the risk of gestational hypertension by up to 30%, largely due to improved blood flow to the placenta. Globally, organizations such as WHO and UNICEF encourage the integration of complementary practices such as yoga into maternal and child health programs (UNICEF, 2022). In the United States, prenatal yoga has become part of prenatal programs in many hospitals, resulting in decreased use of analgesics during labor. However, in developing countries such as Indonesia, adoption remains limited due to lack of awareness, accessibility constraints, and insufficient trained personnel. These challenges include cultural stigma regarding yoga as a “foreign” practice and a shortage of certified instructors who understand pregnancy-specific pose modifications. Despite its clear benefits, research highlights the need for customization; prenatal yoga must be adapted to each trimester, such as avoiding intensive poses or inversions during the first trimester to minimize miscarriage risks. Evidence from longitudinal studies shows that consistent participation (at least 2–3 times per week) yields optimal results, with long-term effects such as improved physical strength and mental well-being lasting up to six months postpartum.

This paper aims to examine the application of prenatal yoga as complementary care to improve reproductive health and the well-being of pregnant women by exploring its mechanisms of action, evidence-based benefits, and implementation challenges within the Indonesian context. The significance of this study lies in its potential to address gaps in local literature, where pregnancy is often accompanied by social and economic burdens. By enhancing maternal well-being, this intervention not only reduces the risk of complications but also contributes to national health development, aligning with Sustainable Development Goal (SDG) 3 on good health and SDG 5 on gender equality (United Nations, 2023). Overall, the application of prenatal yoga as complementary care is not merely a health trend but a science-supported holistic solution that helps pregnant women achieve healthier and more fulfilling pregnancies. Further research is needed to evaluate its effectiveness on a larger scale in Indonesia, including developing standardized instructor training programs and integrating prenatal yoga into primary healthcare services. Thus, this article encourages healthcare providers, pregnant women, and policymakers to consider prenatal yoga as an integral component of reproductive health care.

2. Method

This study employed a literature review (library research) using a descriptive qualitative approach. This method was chosen because the topic of prenatal yoga as complementary care has been extensively examined in the scientific literature, allowing secondary data from journals, textbooks, clinical guidelines, and international organizational reports to be analyzed in depth. Primary data sources included publications from WHO, ACOG, and UNICEF, as well as peer-reviewed journals such as *Complementary Therapies in Medicine*, *Journal of Alternative and Complementary Medicine*, and *International Journal of Yoga Therapy*. Data collection involved systematic searches of indexed articles using keywords such as “prenatal yoga,” “maternal health,” “complementary care,” and “reproductive wellness.” Inclusion criteria were set for publications from 2018 to 2025, while studies that were unrelated to pregnancy or that did not provide adequate empirical data were excluded.

The collected data were analyzed using content analysis by identifying core themes related to the benefits of prenatal yoga, its physiological and psychological mechanisms, and implementation challenges within health services. Analysis proceeded in stages—data reduction, data display, and drawing conclusions based on the synthesized literature. Data validity was strengthened through triangulation by comparing findings across multiple sources to ensure consistency. This approach enabled the study to produce a comprehensive picture of the effectiveness of prenatal yoga as complementary care supporting reproductive health and pregnant women's well-being, as well as its relevance for implementation within Indonesia's health service context.

3. Results and Discussion

Results

1. Initial Dependence on Conventional Medical Examinations and Treatments

A review of the literature indicates that most pregnant women initially rely heavily on conventional medical services, such as ultrasonography examinations, routine consultations with obstetricians, and pharmacological therapies to address pregnancy-related complaints. This dependence arises because the biomedical approach is regarded as the primary standard for ensuring maternal and fetal safety, particularly through clinical assessments that can accurately and quickly detect obstetric risks (Desimbriana, 2021). Medical examinations provide a sense of security because they offer clear clinical explanations and treatment plans aligned with maternal and child health protocols. However, the literature also emphasizes that many common pregnancy complaints such as back pain, pelvic tension, sleep disturbances, shortness of breath, emotional fatigue, and anxiety are often not fully resolved even when mothers receive regular medical care. This is due to the biomedical model's focus on addressing pathological clinical problems, while functional or psychological complaints frequently receive limited attention during brief consultations (Fitriani & Wulaningsih, 2025).

Various studies also show that even after receiving medications or medical instructions, some mothers continue to experience recurring symptoms, especially during the second and third trimesters when hormonal changes and physical burden intensify. WHO (2023), ACOG, and several studies published in *Complementary Therapies in Medicine* state that medications alone cannot alleviate all discomforts during pregnancy because many symptoms originate from postural imbalances, muscle tension, and unstable emotional conditions. Furthermore, some pregnant women report difficulties expressing feelings of stress, fear, or anxiety during short medical consultations that prioritize clinical parameters such as blood pressure or fetal heart rate. These limitations highlight that while conventional medical care is essential, it is not yet capable of providing comprehensive comfort for pregnant women. This gap underscores the importance of complementary interventions such as prenatal yoga, which offer a more holistic approach capable of addressing the physical, emotional, and psychological needs that are not fully covered by routine medical care (Harahap, 2025).

2. Motivations of Pregnant Women to Use Prenatal Yoga as a Complementary Therapy

The literature indicates that pregnant women begin to turn to or incorporate prenatal yoga as a complementary form of care when they feel that conventional medical services alone do not provide comprehensive comfort. Several key factors motivate the use of prenatal yoga, including the need for relaxation, stress reduction, physical comfort, and the desire for a gentle, non-invasive form of care (Damayanti et al., 2025). Many women seek an approach that supports not only their physical well-being but also their emotional stability during the many changes experienced throughout pregnancy. Studies from the United States, India, and Indonesia demonstrate that prenatal yoga promotes a sense of calm, improves sleep quality, and helps mothers reduce muscle tension issues that are often not fully addressed through routine medical examinations. Numerous pregnant women describe yoga as a "safe space" that allows them to better understand the changes in their bodies, regulate their breathing patterns, and develop a deeper emotional connection with their unborn child. These findings are consistent with Field's (2019) research, which reported a significant decrease in cortisol

levels among pregnant women who participated in prenatal yoga programs. Such evidence reinforces the role of prenatal yoga not only as a physical exercise but also as an effective mind–body intervention that supports emotional resilience and overall maternal well-being.

3. Experiences of Pregnant Women in Combining Medical Care with Prenatal Yoga

The literature review shows that pregnant women begin to shift toward or incorporate prenatal yoga as a complementary form of care, particularly when they feel that conventional medical services alone are insufficient to provide comprehensive comfort during pregnancy. The need for deep relaxation, the desire to reduce stress, and the demand for greater physical comfort are among the main factors motivating women to seek additional approaches beyond routine medical examinations (Cahyanto et al., 2020). Many mothers report that although medications may help alleviate certain symptoms, such as nausea or anemia, the biomedical approach does not fully address the emotional calmness and bodily balance they require. Some women are also drawn to prenatal yoga because of its non-invasive and gentle nature, as well as its adaptability to individual physical capabilities—making it a safe alternative for pregnant women who wish to remain active without engaging in strenuous exercise. This motivation becomes even stronger because prenatal yoga not only focuses on physical movement but also integrates breathing techniques, mental clarity, and self-awareness practices (Fajria et al., 2024).

Studies from the United States, India, and Indonesia consistently demonstrate that prenatal yoga provides comfort through a combination of movements, structured breathing, and meditation, which help pregnant women reduce muscle tension, improve sleep patterns, and calm the mind. Many women describe yoga as a “safe space” where they can better understand and accept the physical changes occurring during pregnancy, including shifts in posture, weight gain, and new bodily sensations. Prenatal yoga also helps strengthen the emotional bond between mother and fetus through mindfulness practices and focused breathing, fostering a deeper sense of connection and closeness. These findings are further supported by Field’s (2019) research, which reported a significant decrease in cortisol levels among pregnant women participating in prenatal yoga programs, demonstrating its positive effects on emotional health and stress hormones. This evidence explains why many women choose prenatal yoga as an adaptive strategy that helps them feel calmer, mentally stronger, and more prepared to navigate the pregnancy journey through childbirth (Wulandari, 2022).

4. Pregnant Women’s Need for Holistic and Empathic Maternity Care

The literature also emphasizes that pregnant women require more holistic healthcare services ones that focus not only on physical conditions but also on emotional, psychological, mental, and lifestyle aspects. Current medical service models primarily concentrate on clinical monitoring of pregnancy, such as fetal development, blood pressure, and laboratory examinations. However, many women report that medical consultations tend to be brief and oriented solely toward clinical parameters, leaving them with little opportunity to discuss deeper concerns such as stress from hormonal changes, anxiety about childbirth, muscle tension that disrupts sleep, or emotional instability. Some women also feel isolated in coping with pregnancy changes because they do not receive adequate emotional support during routine consultations. This situation highlights a clear gap between the needs of pregnant women and the healthcare services currently provided, indicating the necessity for additional interventions capable of offering more intensive and structured psychological and emotional support (Anis & Styaningsih, 2024).

In this context, prenatal yoga is regarded as an approach capable of meeting these needs because it integrates physical, emotional, mental, and even spiritual elements into a safe and comfortable practice for pregnant women. Yoga offers structured education on breathing techniques, correct posture, stress management, and trimester-appropriate physical activities. Meditation and mindfulness exercises help mothers enhance self-awareness, accept bodily changes, and cultivate a sense of calmness and confidence in preparation for childbirth. Although the benefits of prenatal yoga are substantial, these needs are not yet fully

accommodated within Indonesia's healthcare system, as integrated programs that include prenatal yoga in standard antenatal services are still lacking. Community health centers (puskesmas), as primary healthcare facilities close to local communities, hold significant potential to serve as centers for prenatal yoga classes. Integrating yoga into antenatal education sessions could become a strategic recommendation to strengthen healthcare quality, increase pregnant women's literacy regarding holistic care, and ensure that their physical and emotional well-being is fully supported (Andayani & Kp, 2025).

Discussions

1. Prenatal Yoga as a Complement to the Limitations of the Biomedical Approach

The biomedical approach in maternity care has proven effective in managing conditions that may endanger the mother and fetus, such as preeclampsia, bleeding, infections, and other obstetric complications. However, findings from various studies indicate that this model has fundamental limitations because it primarily focuses on physical diagnosis and pharmacological interventions. The typically brief duration of medical consultations often leaves pregnant women with little opportunity to discuss emotional discomforts, psychological burdens, and bodily changes that affect their daily lives. As a result, many non-complication complaints such as back pain, insomnia, muscle tension, anxiety, and persistent stress remain unaddressed because they require a more holistic form of care. This creates a gap between the subjective needs of pregnant women and a medical model that tends to be mechanistic and organ-centered (Putri, 2025).

Prenatal yoga fills this gap by offering mind–body interventions that are not addressed within the biomedical framework. Through a combination of breathing exercises, gentle movements, and meditation, prenatal yoga integrates the physical, emotional, and spiritual dimensions of pregnancy. This practice helps reduce sympathetic nervous system activity, which triggers stress, while activating the parasympathetic nervous system, which promotes relaxation. Numerous studies have shown that yoga reduces cortisol levels, increases endorphin production, and improves sleep quality among pregnant women. From a neuroendocrine perspective, prenatal yoga helps maintain the stability of stress-related hormones, which is essential for comfort and reproductive health. Additionally, regular yoga practice strengthens the pelvic floor muscles, enhances hip joint flexibility, reduces spinal tension, and improves blood circulation to the uterus physical benefits that cannot be provided by medical examinations or medications alone (Urbaningrum et al., 2025).

Furthermore, prenatal yoga aligns with the biopsychosocial paradigm, which views health as the result of interactions among biological, psychological, and social factors. While the biomedical model provides essential clinical information, prenatal yoga offers a reflective experience that helps mothers understand their bodies, accept the changes they undergo, and approach pregnancy with greater calmness and confidence. Yoga also strengthens the emotional bond between mother and fetus through mindfulness practices that encourage mothers to be more attuned to fetal movements, breathing rhythms, and shifting bodily sensations. Thus, prenatal yoga functions not only as a relaxation technique but also as an adaptive mechanism that enhances both physical and emotional well-being. Integrating prenatal yoga as a complement to medical services provides a more comprehensive, humanistic, and responsive model of maternity care that addresses the full spectrum of pregnant women's needs (Dewianti, 2022).

2. Physiological and Psychological Mechanisms of Prenatal Yoga in Supporting Pregnancy

Findings from the reviewed literature indicate that prenatal yoga works through several physiological mechanisms, particularly by promoting muscle relaxation and improving overall body flexibility, especially in areas most burdened during pregnancy such as the lower back, abdomen, pelvis, and legs. Regular stretching movements help loosen the musculoskeletal system, reduce tension in the sacroiliac joints, and correct postural changes caused by uterine enlargement. These effects directly reduce back pain, pelvic cramps, and other

musculoskeletal discomforts commonly experienced by pregnant women. Additionally, prenatal yoga enhances blood circulation throughout the body, including the pelvic and uterine regions, thereby improving oxygen supply to tissues and helping to prevent edema or swelling in the lower extremities. Collectively, these physiological benefits make prenatal yoga an effective intervention for maintaining mobility and physical comfort throughout pregnancy (Rustiningsih, 2022).

Beyond its physical effects, prenatal yoga also influences the respiratory system through pranayama, or controlled breathing techniques. Regulated breathing practiced during yoga increases lung capacity and helps mothers optimize oxygenation for both themselves and their fetuses. Deep and rhythmic breathing stabilizes heart rate, lowers blood pressure, and reduces sympathetic nervous system activity which typically increases when mothers experience stress. These findings are crucial, as pregnant women experience a 20–30% increase in oxygen demand, and pranayama techniques can help meet this need efficiently. Thus, pranayama functions not only as a relaxation technique but also as a physiological strategy to maintain stable respiratory and cardiovascular function during pregnancy (Istiqomah et al., 2020).

Psychologically, prenatal yoga exerts significant effects through the activation of the parasympathetic nervous system, which triggers the body's relaxation response. This activation reduces levels of stress hormones such as cortisol and adrenaline, helping mothers manage anxiety, mental tension, and other emotional symptoms. Meditation and mindfulness practices within yoga enhance body awareness, allowing pregnant women to better recognize physical and emotional changes throughout pregnancy. This heightened awareness also strengthens the maternal–fetal bond, reduces fear of childbirth, and increases mental preparedness. Consequently, prenatal yoga reinforces the understanding that pregnancy is a biopsychological process that requires complementary support to maintain balance between the body and mind simultaneously. This approach affirms that maternal health is not solely determined by medical conditions but also involves emotional stability and the ability to adapt to bodily changes.

3. Integrating Prenatal Yoga with Medical Care: Challenges and Opportunities

Although the benefits of prenatal yoga have been widely demonstrated in numerous studies, its implementation within maternal healthcare services in Indonesia still faces several structural and practical challenges. One major challenge is the limited number of certified prenatal yoga instructors who possess a comprehensive understanding of anatomy and the physiological changes associated with pregnancy. Many yoga instructors in Indonesia have not received specialized training for pregnant women, making healthcare providers reluctant to recommend yoga due to concerns that inappropriate movements may endanger both the mother and fetus. Additionally, healthcare facilities such as hospitals, community health centers (puskesmas), and maternity clinics generally lack dedicated spaces or integrated programs that include prenatal yoga as part of standard antenatal services. The absence of interprofessional collaboration among midwives, physicians, physiotherapists, and yoga instructors further contributes to the inconsistent adoption of prenatal yoga in maternal healthcare services.

Another challenge is the lack of education among both the public and healthcare providers regarding the safety and benefits of prenatal yoga. Many pregnant women remain uncertain about whether yoga is safe particularly during the first and third trimesters leading them to avoid trying it despite experiencing symptoms that could be alleviated through such exercises. Similarly, some healthcare professionals do not routinely promote prenatal yoga because of the limited availability of national guidelines and standardized local evidence supporting its use. This issue is compounded by cultural perceptions that excessive physical activity may be harmful during pregnancy, causing the community to view yoga as unnecessary. In contrast, global research consistently shows that structured physical activity such as yoga can prevent complications and enhance both the physical and mental well-being of pregnant women (Sufyaningsi et al., 2024). The opportunities for integrating prenatal yoga

into medical care are substantial and hold significant potential for improving maternal health outcomes in Indonesia. Prenatal yoga is safe, affordable, requires minimal equipment, and can be practiced in small groups, making it easy to incorporate into existing antenatal education programs at puskesmas, hospitals, and maternity clinics. National programs such as “Kelas Ibu Hamil,” which are already implemented in many regions, could be strengthened by including prenatal yoga modules as part of the standard antenatal care curriculum. Moreover, the increasing interest among women in holistic healthcare approaches suggests that prenatal yoga has strong potential to be widely accepted as a supportive therapy. With proper instructor training and supportive health policies, prenatal yoga can become an integral component of maternal healthcare, helping to improve mothers’ physical and mental readiness for childbirth, reduce complications, and reinforce a holistic and mother-centered approach to maternity care (Linar et al., 2025).

4. The Relevance of Prenatal Yoga to the Quality of Labor and Postpartum Recovery

Findings related to the childbirth process indicate that prenatal yoga makes a significant contribution to preparing a mother’s body and mind, allowing labor to proceed more effectively and comfortably. Yoga practices that focus on strengthening the pelvic floor muscles, enhancing pelvic flexibility, and stretching ligaments have been shown to facilitate faster cervical dilation, as the body becomes more prepared to accommodate the pressure of the fetal head during labor. Movements such as squats, pelvic tilts, and the butterfly pose help widen the pelvic outlet and optimize fetal positioning, enabling cervical dilation to progress more quickly and physiologically. Additionally, breathing techniques such as deep breathing and ujjayi breathing help mothers manage contractions with greater calmness, maintain stable oxygen supply, and reduce muscle tension factors that often slow labor progression.

The positive effects of yoga extend into the postpartum period. Gentle postpartum yoga helps restore the strength of abdominal, pelvic, and back muscles, improve posture, and normalize respiratory and circulatory functions. Psychologically, postpartum yoga has been shown to reduce the risk of baby blues and postpartum depression through stress-hormone regulation and increased endorphin production. Meditation and mindfulness practices further strengthen the emotional bond between mother and baby, enhance the quality of skin-to-skin contact, and help mothers feel calmer and more confident as they adapt to the postnatal stage. Therefore, prenatal and postpartum yoga is not merely a form of physical exercise but a comprehensive intervention that supports the success of childbirth and promotes holistic well-being for both mother and baby (Husaema, 2024).

5. The Importance of Empathic and Mother-Centered Reproductive Care

Overall, the discussion emphasizes the need for a healthcare system that is more responsive and comprehensive in addressing the emotional and mental needs of pregnant women not solely their physical conditions. Current antenatal services largely focus on clinical assessments, leaving limited space to support mothers in coping with anxiety, stress, emotional tension, and psychological changes. Integrating prenatal yoga offers a relevant solution, as it provides holistic support through a combination of relaxation techniques, physical strengthening, breath regulation, and enhanced self-awareness. Incorporating prenatal yoga into existing maternal health programs, such as antenatal classes at community health centers or clinics, would elevate the quality of care not only from a physical perspective but also in terms of sustained mental and emotional well-being. This approach helps mothers feel calmer, more prepared for childbirth, and better able to adapt to the physical and psychological changes of pregnancy, ultimately contributing to a healthier, more meaningful maternal experience (Hasanah et al., 2025).

4. Conclusion

The findings of this study conclude that prenatal yoga serves as an effective complementary intervention that enhances both the physical and psychological well-being of pregnant women. While conventional medical care provides essential clinical monitoring and

management of pregnancy-related risks, it does not fully address the emotional stress, musculoskeletal discomfort, and psychosocial challenges experienced by mothers. Prenatal yoga offers a holistic approach through gentle physical exercises, breathing techniques, and mindfulness practices that help reduce stress, regulate hormonal balance, improve sleep quality, and relieve common pregnancy discomforts such as back pain and pelvic tension. Additionally, prenatal yoga prepares mothers physically and mentally for childbirth, supports a smoother labor process, and plays a significant role in postpartum recovery by reducing the risk of baby blues and strengthening mother–infant bonding. Overall, the study affirms that integrating prenatal yoga with routine antenatal care can significantly improve maternal reproductive health and overall quality of life.

Based on these findings, several practical suggestions are proposed. Healthcare providers, including midwives, nurses, and obstetricians, are encouraged to incorporate prenatal yoga education into antenatal classes to support holistic maternal care. Health institutions such as puskesmas and maternity clinics can develop structured prenatal yoga programs delivered by certified instructors to ensure safety and effectiveness. Policymakers are advised to consider integrating prenatal yoga into national maternal health initiatives, particularly in regions with high rates of pregnancy-related stress and limited access to mental health services. Future researchers are recommended to conduct empirical and longitudinal studies to evaluate the long-term outcomes of prenatal yoga across diverse populations in Indonesia. By strengthening collaboration among health professionals, yoga instructors, and community-based institutions, prenatal yoga can be established as a sustainable and impactful component of maternal health care.

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