

ROLE AND KNOWLEDGE OF THE HUSBAND IN ACCOMPANYING THE WIFE BY ATTENDING THE PRENATAL GENTLE YOGA CLASS

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ABSTRACT

Many pregnant women do not take prenatal gentle yoga classes because their husband's roles and knowledge. The aim of this research is to analyze the relationship between the role and knowledge of husbands accompanying their wives by attending prenatal gentle yoga classes. The design of this research is observational analytics with a cross sectional approach, sample of pregnant women, total of 30 respondents. Sampling used purposive sampling technique. Data collection uses a questionnaire adopted from previous research. Data analysis used the Chi square statistical test. The research results, most of the husband's role in prenatal yoga was supported by 16 people (53.4%), almost half of the respondents had insufficient knowledge 11 people (36.7%), and the majority did not take prenatal yoga classes 18 people (60.0%). The results of the Chi square statistical test have P value $< \alpha$ 0.05 (0.000), there is a relationship between the role of the husband accompanying his wife and attending prenatal gentle yoga classes, and the P value $< \alpha$ 0.05 (0.001) is obtained, meaning there is a relationship between knowledge and attending prenatal gentle yoga classes. The pregnant women's participation in prenatal yoga classes is influenced by their husband's role and knowledge. It is hoped that pregnant women will be motivated to regularly attend prenatal yoga classes.

Keywords: Knowledge, Prenatal Gentle Yoga, Role of Husband

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INTRODUCTION

Yoga is exercise and meditation that can provide health benefits for pregnant women. Yoga exercise is an exercise that is not strenuous but can make the body more fit and flexible. Therefore, yoga exercise is one of the sports recommended for everyone, including pregnant women. Yoga can help reduce stress and increase body strength. By doing yoga, pregnant women can prepare their bodies for the birth process. Yoga has become a popular method for pregnant women because it can help reduce physical and emotional discomfort. Breathing exercises in yoga can also help improve blood circulation. This is very beneficial for the health of the mother and fetus. (Aprillia, 2020).

The development of yoga for pregnant women in the UPTD Pukesmas Ngancar work area shows that yoga can reduce back pain, improve balance

and improve body posture. With yoga, pregnant women can reduce anxiety and optimize breathing. Challenges in practicing yoga for pregnant women. Some pregnant women may experience limitations certain physical and health conditions that require adjustments in yoga movements (Iswanti et al., 2021). Participation of pregnant women in yoga exercise activities in the Ngancar Health Center UPTD working area is still low. The health problems faced by pregnant women need to be a focus to increase participation in this activity. Yoga exercise activities need to be expanded so that more pregnant women can feel the benefits. The welfare of pregnant women is improving. The main goal in expanding this coverage. Implementation of the yoga exercise program needs to be supported by intensive outreach and education regarding its benefits for health and well-being. Collaboration with related parties is also needed for the success

of this program (Gustina, 2022). Yoga exercise has great potential in improving the health and welfare of pregnant women in Ngancar Community Health Center UPTD working area. Increasing the participation of pregnant women and expanding coverage will be the key to this success. Husbands have an important role in accompanying pregnant wives. By supporting yoga practice, husbands can help build a strong emotional bond with their wives and strengthen family relationships. Prenatal practices yoga can be an effective way to prepare for pregnancy and childbirth. Husband's support in this practice can strengthen family relationships and help the well-being of pregnant women.

However, in reality there are still many husbands who pay little attention to their wives' condition while attending prenatal gentle yoga classes and do not know what to do because of their lack of education. Others point out that the husband's role is one of the determining factors in the decision-making process regarding the birth process, which can have a significant impact on the woman's physical condition during childbirth (Saragih & Siregar, 2023). Therefore, it can be concluded that the greater the role and knowledge of the husband, the better prepared the researchers are to find out about the supportive relationship between husband and wife following the prenatal gentle yoga class for pregnant women in the second trimester (Wulandari et al., 2023). Researchers have shown that the importance of the husband's role and knowledge in accompanying his wife Taking prenatal gentle yoga classes in the 2nd trimester has an important relationship with positive relationship direction and strong relationship strength (Astuti et al., 2021). Therefore, it can be concluded that the greater the husband's role, the greater the wife's participation in prenatal gentle yoga classes and preparation for giving birth safely and comfortably through trauma. The husband's role is very important and he still lacks mental and behavioral maturity.

This research concludes the importance of the husband's role in accompanying his wife by attending prenatal gentle yoga classes for pregnant women in the second trimester in the Ngancar Health Center UPTD Work Area. This research shows that more than half of husbands' roles are

lacking and more than half of pregnant women are ready to attend prenatal gentle yoga classes. in the ready category. For midwifery education institutions and health services, it is necessary to socialize the importance of husbands' readiness to provide support to their wives when attending prenatal gentle yoga classes, but also to family members, especially husbands (Fajrin & Wahyuni, 2023). The role and knowledge of the husband for pregnant women in the second trimester is important because the husband is the decision maker in the family, especially regarding pregnancy and delivery. (SUSPEPASARI, 2020)

Based on the description of the background to the problem, the problem can be formulated as follows: Is there a relationship between the role and knowledge of husbands accompanying their wives by attending prenatal gentle yoga classes for second trimester pregnant women in the Ngancar Community Health Center UPTD Work Area.

METHOD

The design in this research is observational analytics with a cross-sectional approach. sample of pregnant women with a total of 30 respondents. Sampling used purposive sampling technique. The Independent Variable in this research is the role and knowledge of the husband, the Dependent Variable in this research is the pregnant mother. The research was conducted in the Ngancar Community Health Center UPTD Working Area, December 2023 to January 2024. Research procedures included gathering respondents and their husbands at the pregnancy class posyandu in the Ngancar Community Health Center UPTD Working Area. The researcher conveyed the aims and objectives of the research. If the respondent agreed, the researcher provided the information. consent to the respondent and explain the aims and objectives of the research. Then the researcher will take a total of 30 respondents to be used as research samples (according to the inclusion and exclusion criteria). Invite respondents to fill out a questionnaire according to the instructions and directions from the researcher. The questionnaire will then be filled in. collected and checked for completeness by the researcher then data processing was carried out. Data collection uses a questionnaire adopted from

previous research. Data analysis used the Chi square statistical test with a significance level of $\alpha = 0.05$.

RESULTS

Table 1 Overview of Respondent Characteristics Respondents in Prenatal Gentle Yoga Class

Characteristics of responden	n	%
Age		
<20 year	5	16,7
20-35 year	16	53,3
>35 year	9	30,0
Education		
Elementery School	6	20,0
Junior Hight School	11	36,7
Senior Hight Scholl	8	26,7
College	5	16,6
Work		
House Wife	8	26,6
Self Employed	16	53,3
Government Employed	3	10,0
Farm Workers	3	10,0
Role of Husband		
Support	16	53,4
Does Not Support	14	46,6
Knowledge		
Good	9	30,0
Enough	10	33,3
Not Enough	11	36,7
Prenatal Yoga Class		
Follow	12	40,0
Do Not Follow	18	60,0
Total	30	100

Based on Table 1 above, it is known that most of the husband's role in prenatal yoga is in the support category, namely 16 respondents (53.4%). it is known that almost half of the respondents have not enough knowledge about prenatal yoga, namely 11 respondents (36.7%). it is known that the majority of respondents do not follow take prenatal yoga classes, namely 18 respondents (60.0%)

Table 2 Frequency Distribution of Respondents Based on Knowledge in Prenatal Gentle Yoga Class

Role of Husband	Prenatal Yoga Class				Total		p-value
	Follow		Do Not Follow				
	n	%	n	%	n	%	
Support	8	26,6	8	26,6	16	53,3	0,000
Does Not Support	4	13,3	10	33,3	14	46,7	
Total	12		18		30	100	

Based on table 2, it is known that of the 30 respondents, almost half do not follow take prenatal yoga classes and their husbands does not support it, namely 10 respondents (33.3%).

The results of data analysis show that the significance level is $0.000 < \alpha = 0.005$ so that H_0 is rejected and H_1 is accepted, thus there is a relationship between the role of the husband and the prenatal yoga class for pregnant women in the second trimester in the UPTD work area of the Ngancar Health Center.

Table 3 Frequency Distribution of Respondents Based on Knowledge in Prenatal Yoga

Knowle d ge	Prenatal Yoga Class				Total		p- value
	Foll ow		Do Not Foll ow				0,000
	n	%	n	%	n	%	
Good	8	26,6	1	3,1	9	30,0	
Enough	3	10,0	7	23,3	10	30,3	
Not Enough	1	3,3	10	33,3	11	36,6	
Total	12		18		30	100	

Based on table 3, it is known that of the 30 respondents, almost half do not follow take prenatal

yoga classes and not enough knowledge, namely 10 respondents (33.3%).

The results of data analysis show that the significance level is $0.000 < \alpha = 0.005$ so that H_0 is rejected and H_1 is accepted, thus there is a relationship between knowledge about prenatal yoga and Prenatal Yoga Classes for Pregnant Women in the Second Trimester in the UPTD Working Area of the Ngancar Health Center. So the conclusion is that there is a relationship between the husband's role and knowledge and following prenatal gentle yoga class for pregnant women in the second trimester.

DISCUSSION

There is a relationship between the role of husbands and prenatal yoga classes for pregnant women in the second trimester in the Ngancar Community Health Center UPTD work area. This is in line with research (Neny & Endang, 2022) that there is a relationship between the role of the husband and the participation of pregnant women in taking prenatal yoga classes. A companion during pregnancy or childbirth, be it husband, family or mother, will always be there when needed, by being next to the wife who is giving birth, the family and husband are ready to help whatever the wife needs (Sari & Herawati, 2022). Another benefit is that the emotional closeness of husband and wife will increase when the husband sees for himself the struggle of his wife from preparing her physically for pregnancy until giving birth, which of course can make the husband closer and more affectionate to his wife (Bohari et al., 2023). The husband as a companion during pregnancy and childbirth plays an important role in following the entire process (El-Said et al., 2020). The various methods that husbands use when assisting during pregnancy and childbirth include taking them and picking them up during prenatal yoga exercises, helping to support their wife before the birth, giving gentle massages to the mother's back or stomach before giving birth, serving drinks, conveying the wife's message to health workers if available. complaints, providing attention and encouraging enthusiasm. (Lumbantobing & Nababan, 2021)

Most husbands before being given knowledge about prenatal yoga were in the category of being less ready or less supportive (Yudianti, 2019). This is because the majority of respondents are not prepared in terms of age, mentality, and do not understand the role they should play in assisting the delivery later. (Aulianda et al., 2022). There is a relationship between knowledge about prenatal yoga and prenatal yoga classes for pregnant women in the second trimester in the Ngancar Community Health Center UPTD work area. A person's level of knowledge usually influences his or her state of mind in terms of social life and health (Mu'alimah et al., 2022). People who are knowledgeable prioritize health by taking birthing classes rather than people who are less knowledgeable. Pregnancy exercise classes for pregnant women are a form of behavior designed to reduce risks during childbirth. This is in line with research conducted by (Imanah & Oktaviani, 2023). The findings of this research greatly influence what pregnant women know about a smooth birth process. Knowledge is the result of "knowing" and this occurs after people sense a particular object. Knowledge is everything that people know, which is obtained formally and informally. (Astuti et al., 2023) Formal knowledge can be obtained from school education while informal knowledge is obtained from outside school. Informal knowledge can be obtained from information media or electronic media or from one's own or other people's experiences. (Wati et al., 2018)

It is hoped that the research can add to scientific studies related to factors related to prenatal gentle yoga. There were no obstacles in the research, the respondents were very cooperative and the research could be carried out smoothly

CONCLUSION

The results is is a relationship between the role of husbands and prenatal yoga classes for pregnant women in the second trimester, and a relationship between knowledge about prenatal yoga and prenatal yoga classes for pregnant women in the second trimester. Future researchers are expected to examine other variables related to the husband's role and knowledge in participating in prenatal gentle yoga classes.

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