



JACKETS FOR PREGNANT WOMEN (MAINTAINING THE HEALTH OF PREGNANT WOMEN) THROUGH PRENATAL YOGA AND LACTATION PREPARATION

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ABSTRACT

Pregnancy is a physiological process, but during pregnancy pregnant women need midwifery care to evaluate their health and pregnancy conditions. Midwives are care providers who can strive to improve the mother's health during pregnancy. Prenatal yoga is able to reduce the physical discomfort of pregnant women and can make the mother's mood and Nutrition is very influential on brain growth and development. Rapid brain growth occurs in 2 phases. The first phase is at 15-20 weeks of gestation and the second phase is 30 weeks to 18 months after the baby is born.. The aim of community service activities is to reduce discomfort during pregnancy and prepare the mother's body for a comfortable birth and preparation for good lactation. This service activity was carried out in the Polindes room, Waung Village, Baron District, Nganjuk Regency at 09.00-11.00 on 14 – 16 September 2023. Participants in the activity were 10 pregnant women in the third trimester. The activity began with a speech from the head of the Baron Community Health Center, followed by the practice of pregnancy yoga and education on balanced nutrition for pregnant women. As a result of this activity, pregnant women understood the importance of balanced nutrition during pregnancy and their bodies felt healthy. The importance of maintaining health through pregnancy yoga and balanced nutrition as an effort to maintain health and prepare for lactation.

Keywords: Prenatal, Yoga, Lactation.

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INTRODUCTION

Pregnancy is a stage of life that a woman must prepare for, during the pregnancy process physiological and psychological changes occur due to an increase in estrogen and progesterone. The adaptation process to face these changes must be prepared from the beginning of pregnancy. Pregnancy is a beautiful period, but major changes in the body in a short time often cause several disorders and complaints that reduce the enjoyment of pregnancy (Suananda, 2018).

These changes cause specific symptoms according to the stages of pregnancy which consist of three trimesters. The period that requires special attention is during the third trimester, because this is a period of increasing fetal growth and development. A drastic increase in body weight causes pregnant women to feel tired quickly, have difficulty sleeping, shortness of breath, edema in their feet and hands. As the fetus grows and pushes the diaphragm upward, the shape and size of the chest cavity changes. An increase in the height of the uterine fundus accompanied by an enlarged stomach places more weight on the body at the front. In an effort to adjust to excessive body weight, the spine pushes backwards, forming a lordosis posture. This causes mothers to feel soreness in the waist, varicose veins and cramps in the legs (Endang & Umu, 2021). One of the midwifery services provided to reduce discomfort in pregnant women is exercise. A form of exercise that helps pregnant women gain good strength so as to facilitate the birthing process is prenatal yoga. Prenatal yoga is a mind processing skill, in the form of a comprehensive personality development technique both physically, psychologically and spiritually. Prenatal yoga can help pregnant women

control their thoughts, desires and reactions to stress. The prenatal yoga that is carried out includes various relaxations, adjusting posture, breathing exercises and meditation for one hour, routinely every day. The movement technique focuses on training the muscles including the chest, abdomen, waist, pelvic floor, thighs and legs (Wulan, 2020).

Women who are pregnant need vitamins and minerals will be different compared to normal times or before pregnancy. Nutritional needs during pregnancy become higher with the presence of changes that occur in a woman's physique. Physiological changes during pregnancy. These include: increasing plasma volume, increasing reserve supplies food, increased uterine blood flow, increased fetal weight, amniotic fluid and placenta which causes weight gain in pregnant women during pregnancy her pregnancy. The average woman's weight will increase ± 12.5 kg. Nutritional management during pregnancy Starting from the first trimester, second trimester and third trimester you need to pay attention. Matter This is because the nutritional status of pregnant women must be normal, so they can undergo pregnancy well and safely, and the baby born is physically and mentally healthy. One of nutritional needs that need to be adjusted during a woman's pregnancy, namely related with vitamin and mineral intake (Hamdiah, 2020).

OBJECTIVES

General Purpose

The aim of implementing this community service was to Reduces discomfort during pregnancy and prepares the mother's body for a comfortable birth and good preparation for lactation.

Special Purpose

The specific objectives of implementing this community service activity are:

1. Increase pregnant women's knowledge about prenatal gentle yoga. Reduces maternal discomfort during pregnancy;
2. Prepare the mother's body for a safe, comfortable and minimally traumatic birth;
3. Help mothers overcome pain or discomfort during the lactation process; and
4. Increases the mother's sense of relaxation and helps prepare for the lactation process.

PLAN OF ACTION

Strategy Plan

Community service activities with the title "Jacket For Pregnant Women " (Maintaining the Health of Pregnant Women) Through Prenatal Yoga and Lactation Preparation at Polindes, Waung Village, Baron District, Nganjuk Regency" which is carried out with the stages of obtaining permission from the local midwife in charge of Polindes to be able to participate in providing activities at Polindes, with the solution of providing Prenatal Gentle Yoga classes with the hope that pregnant women can empower themselves to reduce the number of discomforts during pregnancy and prepare for a safe, comfortable, minimal trauma and smooth delivery and prepare for the lactation process well.

Implementation

Community service activity with the title " Jackets For Pregnant Women " (Maintaining the Health of Pregnant Women) Through Prenatal Yoga and Lactation Preparation at Polindes of Waung

Village, Baron District, Nganjuk Regency" which was carried out at 09.00-11.00 on 14 - 16 September 2023. Activities at Opened by the head of the midwife professional education study program and representatives of the head of the Baron Community Health Center, followed by the practice of pregnancy yoga guided by Mrs.Lilis Suryani, followed by education on balanced nutrition for pregnant women as nutritional preparation during the lactation period.

Setting

The activity was carried out on September 14-16, 2023 at the Polindes room, Waung Village, Baron District, Nganjuk Regency.

Target

Third trimester pregnant woman in Waung Village, Nganjuk Regency.

RESULTS AND DISCUSSION

Yoga provides benefits, namely that it can improve memory, concentration, sharpen intellectual levels, balance emotions, thereby making life richer and happier (Nadholta et al., 2020). Yoga brings awareness, freedom and enlightenment. So in modern life, the body endures physical burdens and daily stress which will accumulate in certain parts of the body, and result in various physical, mental and psychological discomforts, so that through yoga, yoga practice also touches the physical, thereby creating harmony between the human physical and mental (Campbell & Nolan, 2019).

Yoga movements have a positive effect on blood circulation, facilitate the absorption of nutrients, and cleanse toxins from various parts of the body. Meanwhile, from a psychological perspective, yoga

improves concentration, focus and increases calm and satisfaction. Yoga exercises for pregnant women can reduce physical complaints from pregnant women, preparing pregnant women physically, mentally and spiritually for the birthing process. With thorough preparation, mothers will be more confident gain confidence in having a smooth and comfortable birth (Lučovnik et al., 2021).

Prenatal yoga can help reduce stress associated with the birth of a baby, prepares mothers physically and mentally, helps strengthen the body of pregnant women and increasing flexibility (Lestari, 2019). The physical changes that occur during pregnancy will affect the expectant mother and make her feel uncomfortable, both physically and psychic. The stomach continues to grow, shortness of breath as the fetus grows, mood swings uncertain, and anxiety about the delivery period makes a prospective mother feel like she is not confident and uncomfortable. Practicing yoga at this time is one of the self-help that will reduce discomfort during pregnancy, helps with the birthing process, and even prepare mentally for the early days after giving birth and while raising children (Ningrum et al., 2022). Breathing techniques that pregnant women have been using since the beginning of pregnancy will help mothers more easily focus their thoughts when meditating which will be very useful to strengthen your mind, overcome anxiety, and save energy during the seconds of labor in the future (Aswitami, 2017).

Prenatal yoga is said to be useful for reducing psychological stress and anxiety, pain back, high risk of pregnancy complications, and affects the length of labor (Dewi et al., 2018). Pregnancy with anxiety will affect the intrauterine

environment and fetal development (Iswanti et al., 2021). Anxiety has the opportunity to increase 3 times the fear of childbirth and has a 1.7 times chance of increasing the incidence of cesarean section (Hayati, 2020). Mental health, including pregnancy anxiety, has been proven to be reduced or eliminated through physical exercise. One of the recommended physical exercise is yoga because it is low cost, easy to do and Very beneficial for physical and psychological fitness. Yoga in pregnancy is more effective in reduces anxiety and depression (Noviyani et al., 2022).



Picture 1. Pregnancy Yoga Activities.

Nutrient requirements (Calories, Acid Folate, Protein, Calcium, Iron, Vitamin A, Vitamin C and D) in the mother pregnancy is known as a nutritional term balanced for pregnant women aims to be the pregnancy process is progressing smoothly normal, pregnant women must take care health in noticing patterns eating, lifestyle and activities his physique. Very good nutrition needed by pregnant women supports the pregnancy process, process nutrient metabolism, and support fetal development conditions. Besides During pregnancy, mothers also need it even greater additional nutrition before birth and breastfeeding. Mother pregnant women who are malnourished will have an impact on the fetus her womb, giving rise to a baby being born is at risk malnutrition, birth weight Low (LBW) and prematurity, bleeding, breast milk production reduced, impaired

power on from birth to death (Aminuddin,2023)

Healthy food is food consumed that has a high number of calories and nutrients that suit needs such as carbohydrates, fats, proteins, vitamins, minerals, fiber and water. Apart from that, eating patterns must be regulated rationally, namely 3 times a day (morning, afternoon and evening). Substances needed by pregnant women include a) Calories, b) Folic Acid, c) Protein, d) Calcium, e) Vitamins, f) Iron, g) Vitamin C, h) Vitamin D. Iron functions in blood formation, especially forming red blood cells, hemoglobin and reducing the risk of pregnant women developing anemia. Iron will be needed when the pregnancy reaches 20 weeks of age. The need for iron as much as 30 mg per day. Iron can be obtained from liver, meat or fish. Nutrition during pregnancy is very important. Pregnant women's diet has impact on pregnancy, fetal development and also on maternal and child health. Foods consumed by a pregnant woman is the main source of nutrition for babies. This is important for pregnant women to understand what type of food is best for them and the baby.



Picture 2. Documentation of Activities.

CONCLUSION

JACKET Activities for Pregnant Women" (Maintaining the Health of Pregnant Women) Through Prenatal Yoga and Preparation for Breastfeeding is a good

activity to do for pregnant women in the third trimester as an effort to improve the mother's health during pregnancy and as an effort to prepare for a safe and comfortable birth and preparation for the breastfeeding period.

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