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Impact of Yoga on Anxiety in Pregnant Women in the Era of the COVID-19 Pandemic: A Literature Review

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Abstract

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Background: Pregnancy in the era of the 2019 Coronavirus Disease (COVID-19) pandemic can cause anxiety for pregnant women. Pregnant women often experience anxiety during pregnancy which can trigger various disorders during pregnancy. Yoga movements can reduce the level of anxiety in pregnant women. Objective: To determine the impact of yoga on anxiety in pregnant women in the era of the Covid 19 pandemic. Method: Literature review of Yoga journals on anxiety in pregnant women. Search for articles via the internet with the PNRI database:, Sciendirect, DOAJ and Google Scholar. The review was carried out on 10 articles on Yoga on anxiety in pregnant women, starting in 2019-2021, 7 articles in Indonesian and 3 in English, full text discussing Yoga anxiety in pregnant women, then synthesized using tables. Results: Yoga during the Covid 19 pandemic era which is carried out gradually can reduce anxiety in pregnant women. Conclusion: Yoga identification can have an impact on anxiety in pregnant women in the era of the Covid-19 pandemic, there is information and a comprehensive picture of yoga interventions. It is hoped that health workers can provide knowledge or counseling to pregnant women to help reduce anxiety levels with yoga.

Keyword:

Yoga, Anxiety, Pregnant Women, Covid 19 Pandemic Era

INTRODUCTION

The natural life of women throughout their life cycle cannot be separated from the pregnancy process until planning the use of contraception to regulate the spacing of pregnancies. Women as the main actors have the right to have a pleasant experience in carrying out this role. Pregnancy which begins with the fertilization process, namely the meeting of sperm cells and ovum cells, is continued with the nidation process and then implantation in the uterus so that it grows and develops until the fetus is ready to be born into the outside world. This pregnancy consists of three trimesters, namely trimester I, trimester II and trimester III. The process during pregnancy is monitored by health workers to identify the risk of complications that can endanger the mother and her fetus (Setiani, 2020). A mother's pregnancy can be in the high-risk category, according to the Poedji Rochjati Score Card which can cause anxiety. The impact of anxiety in pregnant women can trigger uterine contractions, premature babies, low birth weight babies, miscarriages, impaired growth and development in babies, increased activity of the hypothalamus pituitary adrenals which triggers changes in steroid hormones, increased frequency of nausea and vomiting, weak bonding attachment between mother and child, causing negative attitudes towards their babies, can be a risk factor or early symptom of postpartum blues, increasing blood pressure which triggers preeclampsia (Islami, 2020).

Based on data from the Local Area Monitoring (PWS) of Maternal and Child Health (KIA) in East Java Province, the achievements of K1 and K4 describe the quality of health services for pregnant women. The first visit of pregnant women (K1) is the first contact of pregnant women with health workers to get a pregnancy check-up, the fourth visit of pregnant women (K4) is the fourth or more contact of pregnant women with health workers to get a pregnancy check-up. The coverage of pregnant women K1 in East Java Province in 2018 was 99.44%. While the coverage of K4 was 91.15%. This figure has increased compared to 2017, namely K1 98.2% and K4 89.9% (East Java Health Profile, 2019). While the average number of pregnant women in Indonesia is 155,622 pregnant women (Riskesdas, 2018). Based on research from Asmariyah in 2021 in Bengkulu City, it was found that the level of anxiety of pregnant women during the Covid-19 pandemic can be concluded that

the level of anxiety of pregnant women during the Covid-19 pandemic was 3.7% without anxiety, 39.8% of pregnant women with mild anxiety, 37.0% of pregnant women with moderate anxiety, 19.4% of pregnant women with severe anxiety and none experienced anxiety in the severe/panic category (0%).

Pregnancy in the era of the 2019 Coronavirus Disease (COVID-19) pandemic can cause anxiety for pregnant women. Anxiety is a feeling of worry, fear that is not clear. In this COVID-19 pandemic situation, there are many restrictions on almost all routine services including maternal and neonatal health services. For example, pregnant women are reluctant to go to health centers or other health care facilities for fear of being infected (Veftisia, 2020). The disease, which is classified as a new type, first appeared in Wuhan, China and was then called COVID-19. Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) are 2 types of coronavirus that can cause several symptoms ranging from mild to severe. The symptoms caused are influenced by the immunity or endurance of each person which is different. The virus that can cause COVID-19 is called Sars-CoV-2. From various studies, most have concluded that pregnancy makes the body more susceptible to severe COVID-19 symptoms because the immune system of pregnant women changes so that pregnant women are at risk of having severe symptoms compared to women who are not pregnant (Ministry of Health, 2020).

According to Uguz et al. (2019), it was found that around 18.2% of pregnant women experience anxiety during pregnancy. Generalized anxiety disorder, obsessive-compulsive disorder, panic disorder and comorbidity in anxiety disorders are more common during pregnancy. This suggests that pregnant women may be at higher risk of depression and anxiety disorders. Among 160 pregnant women in the third trimester in Iran, it showed a significant relationship between generalized anxiety and fear of giving birth (Ruqaiyah, 2020). According to Veftisia's 2020 research, in Indonesia there were 15 pregnant women respondents who stated that yoga was believed to reduce anxiety in pregnant women. The study also stated that the effectiveness of Prenatal Yoga in reducing anxiety and stress in pregnant women during the Covid-19 pandemic.

According to research conducted by Amalia in 2020, it shows that prenatal gentle yoga is effective

based on the results of HARS (Hamilton Anxiety Rating Scale). This proves that providing prenatal gentle yoga classes is effective in reducing anxiety levels and norepinephrine levels in pregnant women aged <20 and > 35 years. Gallagher's 2020 study showed that 77 patients (98%) gave birth alive and 2 patients (2%) experienced fetal death. The anxiety felt at the level (5.88 ± 2.91) was significantly lower in the intervention group (yoga). Likewise, patients in the intervention group had significantly lower levels of depression (3.33 ± 2.26). According to research from Maharani in 2020, data was obtained that pregnant women before doing prenatal gentle yoga experienced severe anxiety, namely 17 respondents (53.1%) and after doing prenatal gentle yoga experienced mild anxiety, namely 23 respondents (71.9%). Based on research that has been conducted, Yoga is effective in reducing anxiety levels in pregnant women. This is proven by the results of studies that state that pregnant women who are given yoga intervention experience lower levels of anxiety than pregnant women who are not given yoga intervention.

In 2020, the government through the Decree of the Minister of Health issued a policy regarding services for pregnant women in the era of the COVID-19 pandemic. Services for pregnant women, giving birth, postpartum, and newborns during the COVID-19 pandemic are regulated in a guideline that is used as a reference for the community, both mothers and families and health service providers. Services provided to mothers and babies are expected to continue to receive primary services. Restrictions on services in almost all services, both routine and additional, including maternal and neonatal health services, of course increase anxiety for pregnant women (Ministry of Health, 2020).

Anxiety in pregnant women brings feelings of unhappiness, worry and fear that are continuous. This will cause a high risk in the pregnancy process that a woman goes through. According to Hasim (2018), anxiety in pregnant women can trigger uterine contractions which are very dangerous, especially in the first trimester.

Psychological conditions with anxiety and depression in pregnant women will affect the emergence of diseases and complications of pregnancy and childbirth, both in the mother and the baby. Anxiety problems always arise in primigravida mothers, therefore these anxiety problems must be

overcome immediately, one of which can be done by exercising. Exercise for pregnant women aims to divert attention, reduce anxiety and stress, calm the mind, improve sleep quality, help reduce constipation and stimulate appetite. The types of exercise recommended are walking, cycling, swimming (Kamariyah, et al, 2014).

In addition to types of exercise such as walking, cycling and swimming, according to Indiarti (2009) currently in Indonesia itself there are exercises intended for pregnant women, one of which is known as prenatal yoga. Prenatal yoga exercises are a modification of basic yoga exercises whose movements are adjusted to the condition of pregnant women. Yoga is a body, mind and mental exercise that is very helpful for pregnant women in flexing joints and calming the mind, especially in pregnant women in the second and third trimesters. The movements in prenatal yoga are made with a slower tempo and adjust to the capacity of the pregnant woman's movement space. The impact of prenatal yoga can help reduce stress related to childbirth, prepare the mother physically and mentally, help strengthen the pregnant mother's body and increase flexibility. Physical changes that occur during pregnancy will affect the mother-to-be and make her feel uncomfortable, both physically and psychologically. The stomach that continues to grow, shortness of breath along with the growth of the fetus, erratic moods, and anxiety about the time of labor make a mother-to-be feel insecure and uncomfortable. Practicing yoga during this period is one of the self-helps that will reduce discomfort during pregnancy, help the labor process, and even prepare mentally for the early days after giving birth and when raising a child. Breathing techniques that have been done by pregnant women since the beginning of pregnancy will help mothers more easily focus their minds when meditating which will be very useful for strengthening mental, overcoming anxiety, and saving energy in the seconds of labor later (Sindhu, 2014). Yoga movements can reduce the level of anxiety of pregnant women by increasing blood circulation to the hypothalamus so that it affects the parasympathetic nervous system and has an impact on the heart organ, namely normalizing blood pressure and breathing.

METHODS

The research design that will be used by researchers is using Literature Review. Literature

Review is a method used to find data sources related to the topic "The Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era" through journals, articles, internet searches and other libraries. The search strategy used is to search for articles in research journal databases, research articles and through internet searches. The searches used include: DOAJ, Science Direct, and Google Scholar from 2019-2020. For article searches, the keywords used in the database search are: Yoga AND Anxiety OR Angst OR Anxiousness OR Hypervigilance OR Nervousness OR Social Anxiety AND Pregnancy OR Gestation AND Covid-19 and Yoga, Anxiety, Pregnancy, Covid-19.

The quality assessment of the articles carried out using the relevance of the target population or problem, namely Pregnant Women who experience Anxiety, and the relevance of the intervention used, namely the Yoga mechanism. In the quality assessment, the inclusion criteria can be a benchmark in finding articles for further analysis. In this study, the inclusion criteria used were articles on the Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era, discussing the mechanism of the Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era, there is no comparison, there are results regarding the Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era, published between 2019 and 2020, in English and Indonesian, systematic review, there is an abstract, in the Medline journal category. Exclusion criteria can cancel articles that have been obtained for further analysis. In this study, the exclusion criteria used were articles not about the Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era, discussing non-mechanisms of the Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era, no comparison, no results regarding the Impact of Yoga on Anxiety in Pregnant Women in the Covid 19 Pandemic Era, year of publication less than 2019, other than English or Indonesian, systematic review, only in the form of an abstract, not a Medline journal category.

The databases used in the journal search, namely Science Direct, Google Scholar and DOAJ, found 2,160 articles. In the Science Direct database, 29 articles were found, Google Scholar 2,130 articles and DOAJ 1 article. Then after reading, only those that match the title and abstract were taken, 1,225 articles, articles with full text availability 1,222

Indonesian Academia Health Sciences Journal articles, and those that meet the criteria were 10 articles. Of which 1 article was taken from Science Direct, 8 articles from Google Scholar and 1 article from DOAJ to conduct a Literature Review.

RESULTS AND DISCUSSION

The framework for searching articles was carried out by searching articles in the PNRI Science Direct, DOAJ and Google Scholar databases, finding 2,160 articles. In the Science Direct database, 29 articles were found, DOAJ as many as 3 articles and Google Scholar as many as 2,130 articles. After that, the researcher conducted screening through the title, abstract, and full text, year of publication and the purpose of obtaining 1,225 articles. Furthermore, articles were excluded because they did not meet the inclusion criteria as many as 1,222. Thus, the final result obtained 10 articles that were appropriate and relevant to the topic raised. Then the article was obtained in full text form and then downloaded and saved after which an analysis was carried out to determine the contents of the article and then a Systematic Review was carried out.

The solution offered from the research conducted by Vefisia, et al (2020) is to increase the understanding and knowledge of pregnant women about complementary services for pregnant yoga, increase the interest of pregnant women in complementary therapy (pregnancy yoga) so that it can be applied in everyday life, eliminate anxiety and stress of pregnant women during the Covid-19 pandemic, so that anxiety can be transformed into energy and provide training on complementary therapy (pregnancy yoga) for pregnant women in the second and third trimesters. The method of implementing activities with care sharing prenatal yoga videos and prenatal yoga materials and discussions with discussions through Focus Group Discussions (FGD) using WhatsApp groups. Research conducted by Kundarti, et al (2020) on yoga for anxiety in pregnant women using a randomized controlled trial design. Yoga practice can provide positive benefits in overcoming psychological problems that occur during pregnancy.

According to research from Vefisia and Afriyani (2021), physical changes during pregnancy affect the needs of mothers in each trimester, both physiologically and psychologically. Some pregnant women happily accept their pregnancy, but there are also those who complain about their pregnancy. Many

pregnant women feel confused, easily sad, and cry, even though they don't know the cause. If this condition is ignored, it can disrupt the psychology around them. Pregnancy is a maturation crisis that can cause stress, but if stress can be overcome, women will be ready to enter a new phase, namely developing responsibility and caring for their pregnancy. According to researchers, prenatal yoga can help reduce various adverse psychological effects of pregnancy such as anxiety, depression, anger, and stress. Research on yoga on anxiety in pregnant women according to Yanti, et al (2021) which used a research population of all pregnant women in TM III, 30 respondents, divided into two groups, the group given treatment 15 respondents and the control group 15 respondents. This research was obtained directly through interviews guided by a questionnaire. Data analysis in this study was univariate and bivariate analysis. The results of the study showed that the level of anxiety before yoga was severe anxiety as many as 2 respondents (13.3%) and those who did not experience anxiety as many as 3 respondents (20.0%). And after yoga there was no more severe anxiety. In moderate anxiety, there was 1 respondent (6.7%) and those who did not experience anxiety were 9 respondents (60.0%). The percentage during the post-test session was 6 people (40.0%) who did not experience anxiety and 1 person (6.7%) who experienced severe anxiety.

Based on a research article from Gallagher, et al (2020) on yoga against anxiety in pregnant women using a randomized controlled trial design used to measure the effects of yoga on anxiety and depression levels. According to researchers, the decrease in anxiety levels in pregnant women in facing childbirth before and after prenatal gentle yoga is influenced by the ability of pregnant women to control anxiety obtained from regular prenatal yoga practice, because in prenatal yoga relaxation techniques are taught in the form of positive affirmations and the use of aromatherapy, breathing techniques and physical exercise. The results of this study were that the average respondent who experienced severe anxiety was at the pretest before prenatal gentle yoga was 26.91, while the anxiety experienced by the average mother after prenatal gentle yoga was done at the posttest was 17.59. There is a significant effect of prenatal gentle yoga on anxiety in pregnant women in facing childbirth with a p-value <0.001 (CI 95%).

Research article conducted by Amalia, et al (2020) on Yoga against anxiety in pregnant women,

the number of samples in this study was primigravida trimester III totaling 24 whose anxiety levels and sleep quality were measured before and after treatment. The questionnaire to measure anxiety levels used the HARS (Hamilton Anxiety Rating Scale). The treatment given was prenatal yoga once a week for 4 weeks with a duration of 60 minutes for each treatment. The results of the analysis showed that there was a difference in the level of anxiety of respondents before and after being given prenatal yoga treatment with a p value = 0.000. The null hypothesis was rejected because $p < 0.05$. The difference in anxiety levels was indicated by the average anxiety level before treatment, which was 24.92. The average measurement of the post-test value was 13.62. There was a decrease in the mean/average anxiety level of 11.3. Moderate anxiety levels decreased by 16.7%, and severe anxiety levels decreased by 100%. Prenatal yoga is an alternative sport that is recommended for pregnant women. Judging from its various benefits for physical, mental, and spiritual. Prenatal yoga is a classic yoga that has been modified for pregnant women by paying attention to movements that are not harmful to both the mother and the fetus. In the work area of Puskesmas I Kembaran, prenatal yoga has never been done before. Therefore, researchers are trying to popularize prenatal yoga among pregnant women.

In a research article conducted by Hutasiot and Hayati (2021) on the effect of yoga on anxious pregnancies, it is stated that yoga is very beneficial, including providing a sense of comfort, reducing stress, reducing labor pain, increasing self-efficacy in labor and quality of life, interpersonal relationships, autonomic nervous system function, and shortening labor duration. As stated in the research by Windayanti, et al. (2021) that yoga is a way to prepare for labor that emphasizes muscle control, breathing techniques, relaxation and peace of mind. Relaxation techniques can be done by imagining something pleasant that can relax the body. Prenatal yoga that is done regularly can create physical health, bring peace to the mind and soul. Practicing yoga and meditation regularly during pregnancy will establish harmonious communication between the mother-to-be and her baby. Physical changes that occur during pregnancy will affect an uncomfortable pregnancy, so that the mother feels anxious in undergoing her pregnancy. Practicing yoga during this period is one useful solution as a self-help media that will reduce

CONCLUSION

From the description above, it can be concluded that yoga has been identified as having an impact on the anxiety of pregnant women in the era of the Covid-19 pandemic, there are 10 articles that have similarities, namely that the research has been tested and obtained results showing that there is a decrease in anxiety levels when doing yoga for pregnant women. And there is information and a comprehensive description of yoga interventions for anxiety in pregnant women in the era of the Covid-19 pandemic. The types of yoga interventions used in these research articles are Yoga, Prenatal Yoga and Prenatal Gentle Yoga.

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