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HEALTH RESEARCH ETHICS COMMITTEE
STIKES BINA USADA BALI

KETERANGAN LOLOS KAJI ETIK
DESCRIPTION OF ETHICAL APPROVAL
"ETHICAL APPROVAL"

NO : 205/EA/KEPK-BUB-2021

Protokol penelitian yang diusulkan oleh : Si Luh Putu Sudarmi
The Research Protocol Proposed By

Peneliti utama : Si Luh Putu Sudarmi

Nama institusi : STIKES Bina Usaha Bali
Name of the institution

Dengan judul : Pengaruh Yoga Pranayama Terhadap Kecemasan Menghadapi Persalinan
Pada Ibu Hamil Trimester III Di PMB Wilayah Kerja Puskesmas Abiansemal I

Title : *The effect of Yoga Pranayama on Anxiety Facing Childbirth In Pregnant Women Trimester III At PMB Wilayah Kerja Puskesmas Abiansemal I*

Dinyatakan layak etik sesuai 7 (tujuh) standar WHO 2011, yaitu :

1. Nilai sosial, 2. Nilai ilmiah, 3. Pemerataan beban dan manfaat, 4. Risiko, 5. Rujukan/eksploitasi, 6. Kerahasiaan dan privacy,

7. Persetujuan setelah penjelasan, yang merujuk pada pedoman CIOMS 2016.

Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards:

1. Social values, 2. Scientific values, 3. Equitable assessment and benefits, 4. Risks, 5. Persuasion/exploitation,

6. Confidentiality and privacy, and 7. Informed consent, referring to the 2016 CIOMS Guidelines.

This is as indicated by the fulfillment indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 2 Desember 2021 sampai 2 Desember 2022

This declaration of ethics applies during the period December 2nd 2021 until December 2nd 2022



Badung, 2 Desember 2021

Ketua

Ns. Komang Yogi Triana, M.Kep., Sp.Kep.An

NIK : 13.12.0068



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#8563 Summary

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Submission

Authors	Luh Putu Widiastini, I Gusti Agung Manik Karuniadi
Title	Yoga Pranayama Reduce Anxiety Facing Labor In Pregnant Women Trimester III at PMB in the work area of the Abiansemal I Health Center
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Title and Abstract

Title	Yoga Pranayama Reduce Anxiety Facing Labor In Pregnant Women Trimester III at PMB in the work area of the Abiansemal I Health Center
Abstract	<i>Women during pregnancy will experience physiological changes and psychological changes. Changes that occur can cause feelings of fear, anxiety, so that it affects pregnancy and childbirth. The purpose of this study was to determine the effect of pranayama yoga on the anxiety of pregnant women in dealing with childbirth at PMB in the work area of the Abiansemal I Health Center. This study used a quantitative research method with a Quasy experimental type of research. The design used in this study is a nonequivalent control group design, the sample is carried out by non-probability sampling, namely total sampling. The sample in this</i>

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study was 70 pregnant women who would be divided into two groups, namely 35 for the treatment group who would be given yoga pranayama and 35 people for the control group who would be given leaflets. The data were analyzed using analysis using the Mann-Whitney test with a confidence level of $p \leq 0.05$. The results show significance for the experimental group given the yoga pranayama technique, namely p value = 0.000, so it can be concluded that there is a significant effect of pranayama yoga technique on anxiety facing labor in third trimester pregnant women



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