
Postpartum Yoga on Fitness Postpartum Mother

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Abstract

Postpartum mothers experience physical and psychological changes, this greatly affects breast milk production and postpartum mother's fitness. Analyzing the effect of using the Postpartum Yoga movement on fitness in postpartum mothers and producing a proper Postpartum Yoga movement and its effective application so as to improve the welfare. quasi-experimental (Quasi Experiment Research) with Pre and Post Test approach with Control Group Design. This study involved a control group and a treatment group, 30 experimental and control groups of 30 respondents. The intervention given to the experimental group was postpartum yoga intervention 2 times for 2 weeks, while in the control group the standard of care for postpartum mothers was postpartum mothers who gave birth normally. The data were tested using the Wilcoxon test and the Mann-Whitney test. Postpartum yoga was effective in improving fitness (p-value 0.02) compared to the control group. Postpartum Yoga as an educational medium for holistic-based midwifery care during pregnancy and the puerperium, and its application is effective in improving fitness in postpartum mothers. It is recommended for postpartum mothers to use the Postpartum Yoga movement as an intervention to increase breast milk production and fitness in postpartum mothers.

Keywords: Postpartum Yoga, Breast Milk Production, Fitness

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INTRODUCTION

Period postpartum is considered as the fourth trimester of pregnancy and defined as time between childbirth and recovery of reproductive organs to circumstances before pregnancy. This is the most important thing but also stages the most fragile pregnancy (Shuo-Shin et al., 2020).

Body women experience Lots change after giving birth and will need a long time to finish changing this. Strength woman decreased at the start period postpartum. Will be happen complaint physical, like Sick back, problem emotional, capacity motion, power stand muscle, flexibility, composition body, and limitations related functional with parenting child. Complaint the caused by the decline fitness physical Mother postpartum (Mouchard et al., 2022). Fitness physical be marked with ability for do activity daily with enthusiasm (Erick, 2018).

Therapy pharmacology that can be given for enhancement breast milk production with giving drug facilitating breast milk, meanwhile safe non - pharmacological therapy given such as massage, postpartum exercises, acupressure, therapeutic touch and mind body healing. A number of research ever carried out in Indonesia mentioned that possible methods used for help expedite post breast milk production give birth to among them is Postpartum Yoga and postpartum exercise. Breast milk is not go out after the birthing process is common thing

happens, because That Mother must do movements around the chest and back so you can increase breast milk production (Nolan et al., 2019).

There is Lots class sports such as yoga, zumba and aerobics during the postpartum period. However yoga is recommended For Mother postpartum For increased physique well-being and psychology postpartum. (Renityas, 2020) From various methods the just a yoga approach holistic that focuses on interconnections body, mind, and soul. It combines physical poses (asanas), techniques of breathing (breathing), meditation, and restorative relaxation to balance self with nature and neutralize inconveniences physical, emotional, and mental. Postpartum Yoga is a special program For Mother postpartum with technique and intensity that has been customized with circumstances and needs physical and psychological mother. Postpartum Yoga focuses on practice physical and respiratory, strengthening muscle base pelvis, and relaxation autosuggestion (Anggraeni et al., 2019). Because has observed that continued yoga practice continuously increases body fitness (Na Nongkhai et al., 2021).

Easy yoga done by mother breast-feed Because No need expensive, yes done at home and can give relaxation for mother. Yoga for mothers breast-feed beneficial for expedite breast milk production due to Yoga movements can be done to stimulate gland pituitary For stimulate enhancement hormone prolactin For produce more breast milk many and all at once can fulfill need of a baby. Home Yoga exercises for Mother breast-feed is for the surrounding area breast; Breast exercise movements are more strong when done on base Respiratory complete or Ujayyi as well as relaxation and meditation. Movements the will give relaxation and trust myself to mother For breastfeeding success (Huggins, 2022).

On studies introduction that has been done there are 6 health centers from 37 health centers in the city of Semarang with breastfeeding below 50%, amount Mother The most postpartum in the city of Semarang is in coverage public health center Padangsari and Pundakpayung with an average of only 9.46 months of breastfeeding. Factors that make mother no giving breast milk is because breast milk doesn't Want to Get out , mother Busy work , knowledge low and incessant mother advertising about use of formula milk

METHOD

Deep sample study This is Mother postpartum. Population study on research This is Mother giving birth in the month February at the Padang Sari health center, Puduk Payung health center, community health center Bangetayu, community health center Prescription and health center Spondol Semarang city. Taking samples determined use Purposive Sampling. ⁸⁸ that is technique taking samples with consideration certain.

Criteria in study This is :

a. Criteria Inclusion

1. Normal postpartum mother
2. Baby weight ≥ 2500 gr
3. Just a baby drinking breast milk/ not yet Once given formula milk
4. Reflex Suck
5. Normal Delivery
6. Mother's BMI is normal

b. Criteria Exclusion

Postpartum mothers who consume herbal medicine to increase breast milk Type of research used in the research This is study experiment quasi (Quasi Experiment Research) with design Non Equivalent Control Group Design. This involves group control and group treatment. In research This carried out in 2 (two) groups can depicted as following :

1. Intervention Group given Postpartum Yoga treatment for 15 minutes 2 times in One Sunday for 2 weeks

2. Control Group given intervention class Mother postpartum 15 minutes 2 times in One Sunday for 2 weeks

RESULT AND DISCUSSION

Analysis univariate in study This used for give description characteristics family respondents in the city of Semarang.

Table 1 . Distribution Frequency Characteristics Respondent

Characteristics	Intervention Group (n=30)		Control Group (n=30)		* P Value
	N	%	N	%	
Age					
<20 and >35	3	10%	2	6.7%	0.358
20-35	27	90%	28	93.3%	
Parity					
Primipara	7	23.3%	10	33.3%	0.095
Multiparous	23	76.7%	20	66.7%	
Education					
elementary school	0	0%	0	0%	0.383
middle	2	6.7%	2	6.7%	
school high school	22	73.3%	20	66.7%	
College _	6	20.0%	8	26.7%	
Work					
Work	10	33.3%	14	46.7%	0.079
Doesn't work	20	66.7%	16	53.3%	
Rest Pattern					
<7	6	20%	10	33.3%	0.367
≥7	24	80%	20	66.7%	

Source: Primary Data

Based on table 1 shows that age mother in the group experiment including in category reproduction healthy (age Mother between 20-35 years) is there were 27 (90%) and the respondents were aged category reproduction No healthy (age mother < 20 years & > 35 years) is there are 3 (10%). Meanwhile in the group controls included in category reproduction healthy (age Mother between 20-35 years) is there were 28 (93.3%) and aged respondents category reproduction No healthy (age mother < 20 years & > 35 years) is there are 2 (6.7%)

Parity Mother differentiated become Primiparous mothers (count child 1), multiparous (number children 2-5) and grand multiparous (number child > 5). Based on Table 5 shows that parity in groups experiment deep respondents. The primipara category was 7 (23.3%), multipara 23 (76.7%) and grande multipara 0 (0%). Meanwhile in the group control deep respondents 10 (33.3 %) primipara categories, 20 (66.7%) multipara.

Mother's education differentiated from elementary school, finished middle school, finished high school and finished college tall. Based on table 4.1 shows that level education mother in the group experiment 0 respondents who graduated from elementary school (0 %), respondents who graduated from junior high school were 2 (6.7%), respondents who graduated from high school were 22 (73.3%), respondents who graduated from college tall as many as 6 (20.0%). Meanwhile in the group control respondents who completed elementary school were 0 (0%). Respondents who graduated from junior high school were 2 (6.7%), respondents who graduated from high school were 66.7%), respondents who graduated college tall as many as

8 (26.7%).

Work mothers differentiate between working mothers (traders, civil servants, entrepreneurs, employees, health workers, police, soldier) and mothers who do not work (Housewife). Based on table 5 shows that work in groups experiment deep respondents category Mother Work as many as 10 (33.3%), respondents did not Work as many as 20 (66.7%). Meanwhile in the group control deep respondents _ category Mother Work as many as 14 (46.7%) and respondents who did not Work as many as 16 (53.3%).

Rest pattern Mother differentiated become mother who gave birth in a way normal and section cesarean. Based on table 5 shows that pattern group break _ resting experiment _ ≥ 7 jam as many as 24 (80%) and respondents who rested as much ≥ 7 hours is as many as 6 (20%%). Meanwhile in the control group respondents who rested ≥ 7 hours as many as 10 (33.3%) and respondents who rested ≥ 7 jam as many as 26 (66.7%).

Homogeneity test results show variable age, parity, education, occupation and pattern Rest own variations in the same data across groups experiment and control have p-value > 0.05 so can conclude that variance age, parity, education, occupation and pattern Rest is homogeneous.

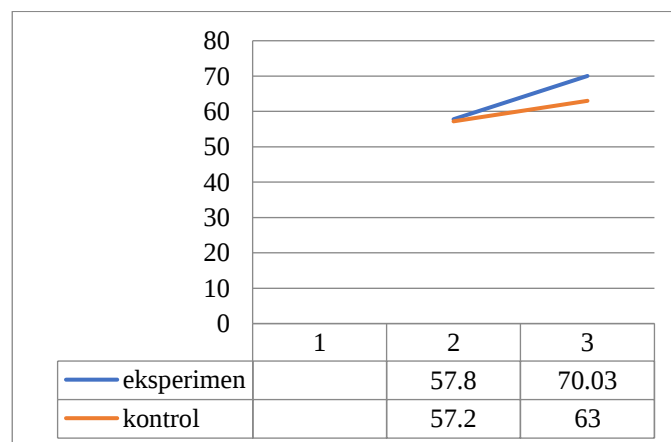
Table 2 . Influence Postpartum Mother's Fitness in Groups Intervention and Control

Measureme nt Mom Fitness	Group				**P Value
	Experiment		Control		
	Mean±SD	Min-Max	Mean±SD	Min-Max	
Pre Test	57.8±7.5	42-77	57.2±6.95	43-76	0.468
Post Test	70.03 ± 7.8	58-87	63±7.18	49-80	0.001
*P Value	0.00		0.00		
Difference	12.23±4.3		5.8±2.8		0.00

*Wilcoxon **Mann Whitney

Based on table 4.4. Measurement pretest fitness in groups experiment minimum score 42, maximum 77 with average his namely 57.8, while in group control own score Minimum fitness 43, maximum 76 with mean 57.2. Measurement Posttest fitness in groups experiment own minimum score 58, maximum 87 with the average namely 70.03, while in group control own score Minimum fitness 49, maximum 80 with average 63.

Change average fitness after given intervention in groups experiment with providing Postpartum Yoga and groups control, change fitness can seen in the picture graph 4.2 as following.



Picture 1. Influence Postpartum Mother's Fitness in Groups Intervention and Control

Statistical test results using Wilcoxon fitness Mother postpartum in the group experiment and control show p-value < 0.05 , namely good in the group experiment and control p-value equals 0.00. This matter shows that giving Postpartum Yoga to group experiments is effective to enhance fitness in mothers postpartum. Likewise giving care Mother postpartum in the group control is also effective in increasing fitness in mothers postpartum.

Statistical test results will use Mann Whitney variable fitness on the pre-test between group experiments and groups control No different meaningful seen the p-value is 0.468. mark fitness (P-value > 0.05), whereas for group post-test experiment and control different meaning seen the p-value is 0.001 meaning enhancement fitness in mothers postpartum after given intervention providing Postpartum Yoga to groups experimentation and giving care Mother postpartum in the group control. In groups experiment enhancement fitness is Good compared to group control. This matter was proven with enhancement average value in the group experiment to 70.03 and group control to 63.

Statistical test results with Mann Whitney effectiveness delta value (Δ) pre-posttest different meaning seen p-value 0.00 (p-value < 0.05) means giving Postpartum Yoga to group experiment more effective compared to giving care Mother postpartum just to group control. This matter proven with enhancement mean delta (Δ) value in the group experiment more Lots namely 12.23 while in group control namely 5.8

Effects of Postpartum Yoga to Enhancement Fitness in postpartum mothers.

Variable data effectiveness test results pair with using the Wilcoxon statistical test on variables fitness seen p-value in the group experiment nor group control happen enhancement fitness with p-value 0.00 (p-value < 0.05) means providing Postpartum Yoga to groups experimentation and giving care Mother postpartum in the group control effective increase fitness in mothers postpartum. Success providing Postpartum Yoga and care Mother postpartum this can also be done seen from the results of the data effectiveness test are not pair show Mann test value Whitney Pretest on Fitness group experiments and groups control with p-value 0.468 (p-value > 0.05), while in the post test p-value 0.001 (p-value < 0.05) means that giving Postpartum Yoga more effective increase fitness in mothers postpartum compared to with giving care Mother postpartum just in groups control.

During the postpartum period Mother will find a number of changes to the body or emotion.¹⁶ A number of adjustments are required by some women in face activities and roles new as mother in the weeks First after giving birth, okay from facet physique nor psychological.¹⁷ More than 80% of failures in mothers breast-feed are caused by: condition psychological Mother breast-feed namely stress, fatigue, vitality (level energy), quality sleep, calm, and attention.¹⁸

Changes in the body of a woman after giving birth will need a long time for return like the beginning. Strength woman decreased at the start period postpartum. Will be happen complaint physical, like Sick back, problem emotional, capacity motion, power stand muscle, flexibility, composition body, and limitations related functional with parenting child. Complaint the caused by the decline fitness physical Mother postpartum.¹⁹ Fitness physical be marked with ability for do activity daily with enthusiasm.²⁰

The decline fitness of a physical Mother postpartum will influence mother's breast milk production cause the baby will lack intake nutrition. Lack of nutrition in babies will give rise to disturbance in growth and development, if not overcome in a way early can continue until mature. Age 0 – 24 months is a period of rapid growth and development or also called period gold at a critical time period. Period gold can materialize if at this time babies and children obtain intake appropriate nutrition for growing optimal flowering.⁹⁸

One of the problems period long from disturbance growth and disruption development consequence lack nutrition is stunting. Stunting is failure of the growth process development

in children under five years (babies under five years), namely be marked with short life or very short. Because malnutrition chronic intrauterine from period beginning baby new just born visible at least 2 years of age.⁵ Maximum breastfeeding Possible is an activity important in maintaining children and preparing generation successors in Century front. The amount of breast milk is sufficient for growth and development baby when breast milk is given exclusively.⁶

Enhancement fitness in mothers postpartum because giving Postpartum Yoga done to the mother postpartum to House respondents with procedure stare advance one respondent trained by one trainer so that the result become maximum, training No only done One day just but 4 days for 2 weeks so that repetitive movements can increase memory Mother postpartum For memorize Postpartum Yoga movements and after researcher finished do study Mother get knowledge new namely Postpartum Yoga For increase fitness so that Mother Can repeating his At home.

Difference Influence Providing Postpartum Yoga to Postpartum Mothers between Experimental and Control Groups.

Test data effectiveness does not pair with using statistical tests Mann whitney delta (Δ) on variables breast milk production shows pre- post test scores different meaningful seen p-value 0.00 (p-value < 0.05) means giving Postpartum Yoga to group experiment more effective increase fitness compared to with giving standard care Mother postpartum just to group control. This matter proved with decline mean delta (Δ) value in the group experiment more Lots namely 522.6 while in group control namely 340.

Success giving Postpartum Yoga This can seen from test results of the influence of delta (Δ) on fitness show pre- post test scores different meaningful seen p-value 0.00 (p-value < 0.05) means giving Postpartum Yoga to group experiment more effective raise fitness compared to with giving standard care Mother postpartum just. This matter is proven with enhancement mean delta (Δ) value in the group experiment more Lots namely 12.23 while in group control namely 5.8. This matter in line with research conducted by Romadlon et al (2019) that yoga movements will increase fitness¹⁰⁰

CONCLUSIONS

On research This can concluded that non- pharmacological therapy in the form of Postpartum Yoga effectively can increase breast milk production and maternal fitness postpartum. This matter can be seen from difference enhancement breast milk production and maternal fitness postpartum given to the group experiment compared to group control.

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