YOPHYTTA EXERCISE TO REDUCE HYPERTENSION IN PREGNANT WOMEN

YOPHYTTA EXERCISE UNTUK MENGURANGI HIPERTENSI PADA IBU HAMIL

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ABSTRACT

Hypertension or high blood pressure due to pregnancy, namely hypertension that occurs due to or during pregnancy, usually occurs at the age of 20 weeks of gestation, which results in morbidity and mortality. Efforts to reduce blood pressure through complementary therapy in pregnant women with hypertension are Yophytta exercise. This study was intended to determine the effect of Yophytta exercise on reducing blood pressure in pregnant women with hypertension in the Paduraksa Health Center area. Methods: research is a quantitative study with a Quasi Experiment method with one group pre test and post test. A sample of 18 respondents using a purposive sampling technique in accordance with the inclusion criteria. The instrument used was Yophytta exercise SOP and the blood pressure observation sheet. Results: of the observations were analyzed using the Wilcoxon Signed Ranks Test. The results of the analysis showed a p value of 0.000 with 0.05, which means that there is a difference in the average blood pressure before and after being given Yophytta exercise. There is an effect of Yophytta exercise on reducing blood pressure in pregnant women with hypertension in the Paduraksa Health Center area. Yophytta exercise can reduce blood pressure in pregnant women with hypertension.

Keywords: Yophytta exercise; blood pressure; pregnant women

ABSTRAK


Kata Kunci: senam Yophytta; tekanan darah; ibu hamil
INTRODUCTION

Hypertension in pregnancy occurs frequently and is a major cause of maternal mortality, as well as having other serious effects during childbirth. Hypertension in pregnancy occurs in 5% of all pregnancies. In the United States the incidence of pregnancy with hypertension reaches 6-10%, where there are 4 million pregnant women and an estimated 240,000 are accompanied by hypertension each year. Hypertension is a risk factor for stroke and its incidence increases in pregnancy where 15% of American maternal deaths are caused by intracerebral hemorrhage (Malha, L., Podymow, T., August, P., 2018).

Hypertension in pregnancy is one of the most common causes of maternal death in Indonesia after bleeding, almost 30% of maternal deaths in Indonesia are caused by hypertension in pregnancy. The direct cause of mortality in Indonesia is due to hypertension in pregnancy 28%, eclampsia 24%, bleeding 11%. In 2019 the number of deaths of pregnant women caused by hypertension in Indonesia reached 1,066 cases, where the highest cases were in West Java with 218 cases, followed by East Java with 162 cases (Indonesia, 2019).

Hypertension in pregnancy can cause eclampsia, hemorrhagic, ischemic stroke, liver damage, liver failure, kidney dysfunction, cesarean delivery, early delivery, and placental abruption in the mother and preterm birth, induction of birth, impaired fetal growth, respiratory syndrome, fetal death in the fetus. Hypertension in pregnancy in the long term carries a risk of having hypertension again in subsequent pregnancies, can also cause cardiovascular complications, kidney disease and cancer and can develop into pre-eclampsia, eclampsia and HELLP (Hemolysis Elevated Liver Enzymes Low Platelet) syndrome. Symptoms of pre-eclampsia/eclampsia are headaches, visual disturbances (blurred or blindness) and seizures. This can cause disability and even death for the mother and fetus if not treated immediately (Malha, L., Podymow, T., August, P., 2018; R. Mustafa, S. Ahmed, A. Gupta, 2012; S. Morales-Vidal, M. J. Schneck, M. S. Flaster, 2011).

Management of hypertension can be done with non-pharmacological therapy and pharmacological therapy. Non-pharmacological therapy is treatment without drugs for people with hypertension, which is done by means of a healthy diet (Sayogo, 2014), herbal therapy, finger holding relaxation therapy combined with breath therapy, healing touch, Slow Deep Breathing (A. Ainurrafiq, R. Risnah, 2019).

Physical exercise can be done with pregnancy exercise, which is a fitness program intended for pregnant women. Therefore, pregnancy exercise has special movement principles that are adapted to the conditions of pregnant women. Exercises in pregnancy exercise are specifically designed to make pregnant women healthy and fit, reduce complaints that arise during pregnancy and prepare the mother physically and psychologically for childbirth.

Pharmacological therapy, namely therapy given using drugs (Manuaba, 2015).

Rodiani et al's study stated that the results of a study of 22 respondents had the effect of prenatal yoga on blood pressure in hypertensive patients in pregnancy in the prenatal yoga group at the Krakatau Clinic (Rodiani Rodiani, Tri Umiana Soleha, 2019).

Pregnant women with high risk who experience hypertension can be given complementary therapy to reduce blood pressure with physical activity/pregnancy exercise, namely Yophytta exercise. Yophytta Exercise is a combination of Yoga, Pilates, Hypnoteraphy and Tai Chi, so that when done regularly it will make the pregnant woman's body healthier and make the delivery process easier (Djuari, 2013). The difference between other pregnancy exercises and Yophytta is that other exercises emphasize physical movements, while Yophytta exercises combine physical, mental and spiritual exercises for pregnant women. Yophytta gymnastics can be started at the age of 5 months of pregnancy. Yophytta gymnastics can benefit during labor if it is done at least 2 times a week or 6 times in 3 weeks, with an exercise intensity of 70-90% (Susanti, 2013).

The theory above is in line with the results of Perwiraningtyas' research which concluded that Yophytta exercises carried out...
for one month can significantly reduce levels of insomnia and fatigue as well as blood pressure in third trimester pregnant women. Yophytta gymnastics can maintain the physical, mental and spiritual health of pregnant women and maintain the quality of life of both the mother and the fetus they contain, so that Yophytta gymnastics can be used as a form of nursing care in antenatal care services in order to reduce maternal mortality, especially in Indonesia (Perwiraningtyas, 2016).

The results of interviews with midwives about the condition of pregnant women with hypertension at the Paduraksa Health Center for pregnant women with mild hypertension BP 140/90 mmHg were not given pharmacological therapy, more directed to a low-salt diet, eating lots of fruits and vegetables such as cucumbers and sweet starfruit and drinking lots of water white. Pregnant women with blood pressure above 140/90 mmHg are given antihypertensive drugs such as methyldopa, nifedipine and are given referrals to the hospital for further treatment by specialist doctors. Non-pharmacological management carried out by midwives to reduce hypertension in pregnancy is education so that you get enough rest, sleep on your left side, sleep with your feet raised, eat lots of vegetables, and reduce salt and fat consumption and light activity. Midwives at the Paduraksa Health Center have never given Yophytta exercise to treat hypertension in pregnancy.

The researcher provided the Yophytta Exercise intervention because Yophytta Exercise is a combination of Yoga, Pilates, Hypnotherapy and Tai Chi, so that when done regularly it will make the pregnant woman’s body healthier and make the birth process easier. Exercise causes a beta blocker effect which can calm the sympathetic nervous system where if there is a decrease in sympathetic activity in the peripheral blood vessels it can be an indication of a decrease in blood pressure (Djuari, 2013).

Based on this background, the researcher is interested in providing Yophytta exercise intervention because it has never been given at the Paduraksa Health Center, the researcher wants to know the effectiveness of Yophytta exercise in lowering blood pressure in pregnant women.

The purpose of this study is to determine the effect of Yophytta exercise on reducing blood pressure in pregnant women with hypertension in the Paduraksa Health Center area.

**METHOD**

This type of research is quantitative research with one group pre-test and post-test. The population in February 2023 was 39 third trimester pregnant women with hypertension, a sample of 18 respondents using a purposive sampling technique. Respondent criteria were normal third trimester pregnant women with mild hypertension, healthy reproductive age (20-35 years) and negative urine protein.

The research instrument used is the SOP Yophytta Exercise which has the validity and reliability. Normal blood pressure values based on MAP (Mean Arterial Pressure) values Pregnant women who meet the criteria and had signed an informed consent will be intervened by Yophytta Exercise for 30 minutes which is carried out 2 times a week for 1 month and the researchers would keep the data of the respondents who participated in this study. The statistical test used was the Wilcoxon Signed Rank Test.

**RESULTS**

Respondent criteria were normal third trimester pregnant women with mild hypertension, healthy reproductive age (20-35 years) and negative urine protein. Based on the Wilcoxon Signed Rank statistical test, a p value of 0.000 is lower than the value of α (0.05). Based on the conditional p value <0.05, from these results Ho is rejected and Ha is accepted, which means that there is an effect of Yophytta Exercise on reducing blood pressure in pregnant women with hypertension in the Paduraksa Health Centre.
DISCUSSION

The results showed that giving Yophytta exercise can reduce blood pressure in pregnant women with hypertension. It is proven that the test results obtained a p value of 0.000 and α of 0.05. The results of this analysis indicate that Yophytta exercise is effective in reducing blood pressure in pregnant women with hypertension. The results of the above research are in line with the results of Perwiraningtyas' research which concluded that Yophytta exercises carried out for one month can significantly reduce levels of insomnia and fatigue as well as blood pressure in third trimester pregnant women. Yophytta gymnastics can maintain the physical, mental and spiritual health of pregnant women and maintain the quality of life of both the mother and the fetus they contain, so that Yophytta gymnastics can be used as a form of nursing care in antenatal care services in order to reduce maternal mortality, especially in Indonesia (Perwiraningtyas, 2016).

The results of the above study were also supported by ML Listika on systolic blood pressure examination of 16 respondents with the Wilcoxon test results obtained a significance value = 0.001 (<α = 0.05) which means there is a difference in systolic blood pressure before and after doing Yophytta exercises. Meanwhile, when examining diastolic blood pressure for 16 respondents with the Wilcoxon test, a significance value = 0.001 (<α = 0.05), which means that there is a difference in diastolic blood pressure before and after doing Yophytta exercises in pregnant women (Listika, 2020).

Hypertension in pregnancy is a problem in pregnancy. In normal pregnancy, the plasma volume will increase significantly to meet the needs of the growing fetus. Conversely, in preeclampsia, there is a decrease in plasma volume between 30-40% compared to normal pregnancy, which is called hypovolemia. Hypovolemia is offset by vasoconstriction, resulting in hypertension (Prawirohardjo, 2016). Symptoms of hypertension are frequent headaches, irritability, difficulty sleeping and frequent restlessness, shortness of breath, frequent stiffness in the back of the neck, visual disturbances and difficulty concentrating. Symptoms of pre-eclampsia/eclampsia are headaches, visual disturbances (blurred or blindness) and seizures. This can cause disability and even death for the mother and fetus if not treated immediately (Nurrahmadina, 2021).

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<table>
<thead>
<tr>
<th>Intervention</th>
<th>Median</th>
<th>SD</th>
<th>Min</th>
<th>Max</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before</td>
<td>113.50</td>
<td>4.629</td>
<td>108</td>
<td>121</td>
<td>0.000</td>
</tr>
<tr>
<td>After</td>
<td>107.00</td>
<td>4.269</td>
<td>102</td>
<td>115</td>
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exercise are specifically designed to make pregnant women healthy and fit, reduce complaints that arise during pregnancy and prepare the mother physically and psychologically for childbirth. Pharmacological therapy, namely therapy given using drugs (Manuaba, 2015).

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Respondents' impressions after being given the Yophytta exercise intervention varied. Some say the body becomes fitter, some say the body becomes more relaxed, not stiff, so it feels comfortable. Some respondents said that after doing the Yophytta exercise the body feels comfortable and relaxed, so that they sleep well and feel healthier.

Management of hypertension with non-pharmacological methods, especially Yophytta exercise, can be applied to pregnant women before taking anti-hypertensive drugs because we are starting to realize how vulnerable the fetus is to environmental threats, especially to substances that are not natural or artificial. Researchers assume that by giving the Yophytta exercise intervention, pregnant women become relaxed, calm and comfortable, the body also becomes fit so that it can improve health and sleep well and can reduce blood pressure. The limitation in this study is that mothers are new to Yophytta exercise, so socialization is needed if this exercise is applied to pregnant women with hypertension.

CONCLUSION
The results showed that giving Yophytta exercise can reduce blood pressure in pregnant women with hypertension. Pregnant women can do Yophytta exercise interventions at home so that the body becomes fit, the mind is calm and sleep is sound so that it lowers blood pressure.

REFERENCE


