



Original Article

Motivation and Family Support in Relation to Pregnant Women's Participation in Prenatal Yoga Classes

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ABSTRACT

Background: The adaptation process for a woman during pregnancy is one of the most challenging situations because it involves various discomforts, including back pain, shortness of breath, and anxiety. One way to address these discomforts is through prenatal yoga. Objective to determine the relationship between motivation and family support on the participation of pregnant women in prenatal yoga classes to reduce discomfort during pregnancy.

Method: The study used correlational analytics with a cross-sectional research design. Data were collected from the Independent Midwifery Practice (PMB) Denik between May and June 2025, involving 30 pregnant women selected through total sampling. The research instrument used a questionnaire. Statistical tests used chi-square and logistic regression with an α value (0.05).

Results: The study shows that almost all respondents have strong motivation (90.0%), most respondents have sufficient family support (60.0%), and almost all respondents attend yoga classes (90.0%). Logistic regression test $p < \alpha$ (0.001 < 0.05).

Conclusion: Maternal motivation is more effective than family support in encouraging pregnant women to participate in prenatal yoga. Maternal motivation can be used by health workers as a factor to increase participation in prenatal yoga.



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INTRODUCTION

Pregnancy begins with the ovulation process, which develops with the formation of the placenta until the conception becomes a term (Ayuningtyas, 2020). Many changes and discomforts occur in a woman during pregnancy. Some of the discomfort problems experienced by pregnant women during the third trimester include shortness of breath, frequent urination, and back pain. If this discomfort problem is not resolved, the mother will experience problems in meeting her basic needs (Muharyani, P. W., Jaji, J., & Sijabat, 2020)

The prevalence of discomfort during pregnancy is around 3-17%, with 10% in developed countries and 25% in developing countries. In Indonesia, the incidence of discomfort during pregnancy is around 28.7% (Resmaniasih, 2014). Based on research conducted by the Indonesian

Midwives Association (IBI) in 2021, 58.1% of pregnant women experience discomfort during pregnancy, especially in the third trimester, with 22.6% experiencing mild discomfort, 29.0% moderate discomfort, and 6.5% severe discomfort ([Winarni, 2020](#)). Based on a preliminary study conducted at PMB Denik from visits by 20 pregnant women in their second and third trimesters, there were 7 pregnant women entering their third trimester who did not attend prenatal yoga classes. This was because there was no support from their families, so the mothers' motivation to attend prenatal yoga decreased.

Prenatal yoga is a complementary method, prenatal yoga is an unconventional treatment that has a positive effect on body health, psychology, and feelings, and body reactions experienced by pregnant women ([Andarwulan, S., Latifah, A., & Waroh, 2023](#)). The purpose of a series of prenatal yoga is to create balance of body and soul, body strength, peace of mind and body, mental and spiritual physical peace ([Situmorang, R. B., Rossita, T., & Rahmawati, 2020](#)). Keikutsertaan dalam pelaksanaan prenatal yoga dipengaruhi oleh beberapa faktor diantaranya adalah pengetahuan ibu tentang prenatal yoga, latar belakang pendidikan, motivasi, dukungan suami dan keluarga, pekerjaan dan lain sebagainya. Motivasi merupakan salah satu faktor yang mempengaruhi perilaku dan mengalami proses perubahan sepanjang kehidupan manusia. sedangkan dukungan keluarga merupakan sumber daya sosial yang dapat membantu individu dalam menghadapi suatu kejadian menekan ([Maryam, 2017](#)).

The motivation of pregnant women is shown by the way they seek information about how to improve their health during pregnancy, one of which is prenatal yoga. In addition to internal motivation, there is support from husbands and midwives who increasingly encourage pregnant women to participate in prenatal yoga. According to ([Nabila, 2023](#)). Husband support in ANC services can be shown by providing affection and attention to the wife, encouraging and taking the wife to check pregnancy to the nearest health care facility, meeting nutritional needs, and helping determine the place of delivery. Family support is seen in terms of emotional, facilities, information, and appreciation ([Parwati, N. W. M., & Wulandari, 2020](#)).

Many changes and discomforts occur in a woman during pregnancy. Some of the discomforts experienced by pregnant women during the third trimester include shortness of breath, frequent urination, and back pain. If these discomforts are not addressed, mothers will have difficulty fulfilling their basic needs. The adaptation process for a woman during pregnancy is one of the most difficult situations ([Wulandari, 2021](#)). Thorough preparation by the pregnant woman can boost her confidence and give her the assurance she needs to go through childbirth smoothly.

RESEARCH METHODS

This study is an analytical correlational study using a cross-sectional approach. This study assesses the relationship between motivation and family support on the participation of pregnant women in prenatal yoga classes. This study was conducted at PMB Denik Desa Tertek Pare from May to June 2025. The accessible population was all pregnant women, and the sample size was 30 respondents. Primary data was collected directly from respondents through a questionnaire containing 15 statements about motivation and 24 statements about family support. Motivation assessment was divided into three criteria: weak (score 0-33%), moderate (score 34-66%), and strong (score 67-100%). Meanwhile, attitude was also divided into three criteria: low (score < 55%), moderate (score 56-75%), and strong (score 76-100%).

Data analysis was performed using SPSS version 17.0. Univariate analysis used frequency distribution tables for age, education, and occupation. Bivariate analysis was used to test the relationship and independence between variables (motivation and family support) and variables (prenatal yoga participation) using the chi-square statistical test. Multivariate analysis in this study was used to test the relationship between more than one independent variable and one dependent variable using logistic regression testing.

RESULTS

The findings are presented in the following tables.

Table 1. Characteristics of Respondents

General Data	n	%
Age		
< 20 years old	2	6.6
20-35 years	23	76.7
> 35 years	5	16.7
Education		
Elementary School	2	6.6
Junior High School	5	16.7
Senior High School	8	26.7
Undergraduate Program	15	50.0
Occupation		
Farmer	0	0.0
Homemaker	20	66.7
Self-employed worker	3	10.0
Teacher/Government Employee	7	23.3
Entrepreneur	0	0.0

Based on Table 1, it is known that of the 30 respondents, almost all respondents were 20-35 years old, namely 23 respondents (76.7%), half of the respondents had an Undergraduate Program education, namely 15 respondents (50.0%), and most of the respondents worked as a homemaker, 20 respondents (66.7%).

Table 2. Pregnant Women's Motivation in Prenatal Yoga Classes

Motivation	n	%
Low	4	13.3
Moderate	4	13.3
High	22	73.4

Based on Table 2, it is known that out of 30 respondents, most of them have high motivation, namely 22 respondents (73.4%).

Table 3. Family Support in Prenatal Yoga Classes

Family Support	n	%
Poor	3	10.0
Fair	16	53.3
Good	11	36.7

Based on Table 3, it is known that out of 30 respondents, most of them received sufficient family support, namely 16 respondents (53.3%).

Table 4. Participation of Pregnant Women in Prenatal Yoga Classes

Participation in Prenatal Yoga Classes	n	%
Did not participate	7	23.3
Participated in a prenatal yoga class	23	76.7

Based on Table 4, it is known that of the 30 respondents, almost all respondents attended

prenatal yoga classes, namely 23 respondents (76.7%).

Table 5. Relationship between Motivation and Participation of Pregnant Women in Prenatal Yoga Classes

Motivation	Not Participating		Participated		Total	
	n	%	n	%	n	%
Low	4	100	0	0.0	4	100
Moderate	3	75.0	1	25.0	4	100
Strong	0	0.0	22	100	22	100

Based on Table 5, it is known that of the 22 respondents who had strong motivation, all (100%) attended prenatal yoga classes. Based on data analysis using the Chi Square test, the sig value (2-tailed) or $p = 0.000$ and the error rate or $\alpha = 0.05$, so $p < \alpha$, $0.000 < 0.05$ so that H1 is accepted then H0 is rejected, meaning that there is a relationship between motivation and the participation of pregnant women in prenatal yoga classes at PMB Denik Tertek Village, Pare District, Kediri Regency.

Table 6. Family Support Relationship with Participation of Pregnant Women in Prenatal Yoga Classes

Participation in Prenatal Yoga						
Family Support	Not Participating		Participated		Total	
	n	%	n	%	n	%
Poor	3	100	0	0.0	3	100
Fair	4	25.0	12	75.0	16	100
Good	0	0.0	11	100	11	100

Based on Table 6, it is known that of the 16 respondents who received support from family members, most of the respondents attended prenatal yoga classes, namely 12 respondents (75.0%). Based on data analysis using the Chi Square test, the sig value (2-tailed) or $p = 0.001$ and the error rate or $\alpha = 0.05$, so $p < \alpha$, $0.001 < 0.05$ so that H0 is rejected, then H1 is accepted, meaning that there is a relationship between family support and the participation of pregnant women in prenatal yoga classes at PMB Denik Tertek Village, Pare District, Kediri Regency.

Table 7. Relationship between Motivation and Family Support with the Participation of Pregnant Women in Prenatal Yoga Classes

	Nagelkerke	pvalue	CI 95%	
			lower	upper
Motivation Family Support	0.918	0.001	-10513.544 -14497.786	10472.107 14497.786

The results of the ordinal logistic regression test data analysis obtained sig value (2-tailed) or pvalue = 0.001 and the error rate or $\alpha = 0.05$, so $p < \alpha$, $0.001 < 0.05$ so that H1 is accepted, meaning that simultaneously it can be known that there is a relationship between motivation and family support with the participation of pregnant women in prenatal yoga classes at PMB Denik Tertek Village, Pare District, Kediri Regency. Based on the Nagelkerke value of 0.918, it means that 91.80% of prenatal yoga class participation is influenced by motivation and family support. While the remaining 8.2% is influenced by other factors.

DISCUSSION

This study proves that motivation and family support both influence pregnant women's

participation in prenatal yoga. However, when comparing the average scores for the variables of motivation and family support, it can be seen that the average score for motivation is higher (73.4%) than the average score for family support (36.7%). These results indicate that maternal motivation is more effective than family support in increasing the participation of pregnant women in prenatal yoga. Based on these results, it can be concluded that pregnant women who have a positive perception of prenatal yoga tend to have a correct and accurate understanding of the benefits of prenatal yoga for pregnant women in relation to the health of the mother and fetus, thus having stronger motivation.

The results of this study are in line with the research conducted by (Parwati, N. W. M., & Wulandari, 2020), where the results showed that most pregnant women (44.4%) had high motivation to participate in prenatal yoga. This is in line with motivation theory, which explains that individual behavior is mostly driven by internal impulses that originate from personal needs, desires, and goals (Deci, E.L & Ryan, 2020). Motivation is everything that drives a person to do something. Motivation arises from knowledge, beliefs (trust), available means, and perceived needs (Mertasari, 2018). Motivation is the driving force to achieve certain goals, whether conscious or unconscious. Motivation can arise from within the individual or come from the environment. The best motivation is that which comes from within oneself, not from environmental influences (Fauziah, N. A., Sanjaya, R., & Novianasari, 2020; Gunawan, A. D., Ngo, N. F., & Fatmawati, 2020)

Motivation is an intrinsic factor that arises from within pregnant women, such as the desire to maintain their health and that of their fetus, reduce pregnancy complaints (back pain, anxiety, insomnia), and prepare for a smoother delivery (Prabawati, S., Purwandari, R., & Rochmawati, 2023). Prenatal yoga is also known to reduce stress levels, increase flexibility, improve breathing, and strengthen the emotional bond between the mother and the fetus (Field, T., Diego, M., Hernandez-Reif, M., 2015). With an understanding of these direct benefits, pregnant women are motivated to independently participate in prenatal yoga even if family support is not yet optimal.

Family support, although important, is external in nature. Family support refers to social support that is perceived by the family as something that is accessible or available to the family (Parasari, G. A. T., & Lestari, 2015). Family support can take the form of permission, moral encouragement, or practical assistance (driving or accompanying). According to (Apsari, N. L. D., Antari, N. K. A. J., Juhanna, I. V., & Adiatmika, 2021) External support will only be effective if the individual is internally ready to accept and utilize that support. This shows that without personal motivation, family support alone is not enough to make mothers actively participate. According to (Istiqomah, A., Yuniarti, Y., Burhan, R., Yaniarti, S., & Wahyuni, 2020; Margaretha, 2019) The interaction between personal factors, the environment, and the behavior itself influences individual behavior. In this case, the family acts as an environmental factor that strengthens the motivation and self-confidence of pregnant women to engage in healthy behaviors, one of which is participating in prenatal yoga.

These findings indicate that intrinsic motivation has a more direct influence on health behavior than extrinsic factors. This is in line with Self-Determination Theory (Deci, E.L & Ryan, 2020), which explains that internal motivation is stronger and lasts longer because it is based on personal awareness and values rather than external encouragement. Therefore, even though the family plays a role in providing support, the final decision to participate in prenatal yoga is largely determined by the internal motivation of the pregnant woman. The high level of motivation of pregnant women to participate in prenatal yoga compared to family support can be understood as a reflection of the mother's awareness and desire to obtain health benefits for herself and her fetus. According to (Manullang, 2020) family support remains important as a reinforcing factor, but it is not the main determinant if the mother's motivation is already well established.

CONCLUSIONS AND RECOMMENDATION

The results of the study show that the motivation of pregnant women has a greater influence on increasing their participation in prenatal yoga than family support. It is recommended that health workers, especially midwives, increase mothers' motivation through targeted and

sustained health promotion, for example, by providing education on the benefits of prenatal yoga using attractive media (leaflets, videos, and social media). For future research, it is recommended to use a larger sample so that the research results are more representative and to use multi-center studies so that the research results can describe variations in conditions in different regions..

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