DAFTAR PUSTAKA

Amaral, G. et al. (2017) 'Pengaruh Kegiatan Mewarnai Pola Mandala Terhadap Tingkat Kecemasan Mahasiswa Akademi Keperawatan', Journal of Petrology, 369(1), pp. 1689–1699. doi: 10.1017/CBO9781107415324.004.

Apriliani, R. A. (2015) 'Pengaruh Yoga Prenatal terhadap kecemasan sesaat dalam menghadapi persalinan pada primigravida trimester III'.

Battle, c. L., Uebelacker, L. A.,Magee, S. R., Sutton, K. A., M. (2015) 'Potential For Prenatal Yoga to Serve as an intervenstion to treat depression during pregnancy.', Publication of the Jacobs Institute of women's Healts, 25(2)(134–141).

Bershadsky, S., Trumpfheller, L ., Kimble, H. B., Pipaloff, D., Yim, I. S. (2014) 'The Effect of Parenatal Hatha Yoga on Affect, Cortisol and Depres-sive symptoms. Complementary Therapies in Clinical Practice.', 20 (2)(106–113).

Curtis, K., Weinrib, A. and Katz, J. (2012) 'Systematic review of yoga for pregnant women: Current status and future directions', Evidence-based Complementary and Alternative Medicine, 2012. doi: 10.1155/2012/715942.
Field, T. et al. (2016) 'Pregnancy anxiety and comorbid depression and anger: Effects on the fetus and neonate', Depression and Anxiety, 17(3), pp. 140–151. doi: 10.1002/da.10071.

Kinser, P.A., Goehler, L., Taylor, A. G. (2015) 'How Might Yoga Help Depression A Neurobiological Perspective. Ezplore (New York, N.Y)', 8(2)(1118–126).

Lisa Mutiara Anissa , Suryani, R. M. (2018) 'TINGKAT KECEMASAN MAHASISWA KEPERAWATAN DALAM MENGHADAPI UJIAN BERBASIS COMPUTER BASED TEST Lisa Mutiara Anissa 1 , Suryani 1 , Ristina Mirwanti 1

1', 16(2), pp. 67–75.

Novitasari, T. (2013) 'Keefektifan konseling kelompok pra-persalinanuntuk persalinanuntuk mengurangi tingkat kecemasan', p. 184.

Nurul Rahmitha (2017) 'TINGKAT KECEMASAN PADA IBU HAMIL PRIMIGRAVIDA TRIMESTER KETIGA', Jurnal Iptek Terapan, 7(1), pp. 45–56.

Oktaviani, M. A. and Notobroto, H. basuki (2014) 'Perbandingan Tingkat Konsistensi Normalitas Distribusi Metode', Jurnal Biometrika dan Kependudukan, 3(2), pp. 127–135.

Pablo Huidobro-Toro, J. and Verónica Donoso, M. (2017) 'Sympathetic co-transmission: The coordinated action of ATP and noradrenaline and their modulation by neuropeptide Y in human vascular neuroeffector junctions', European Journal of Pharmacology, 500(1–3 SPEC. ISS.), pp. 27–35. doi: 10.1016/j.ejphar.2004.07.008.

Pereira, A. L. dos S. (2015) 'IMPLEMENTASI METODE BAYESIAN DALAM MENENTUKAN KECEMASAN PADA HARS (Hamilton Anxiety Rating Scale)', Ekp, 13(3), pp. 1576–1580.

Qudsyi, H. and Putri, M. I. (2016) 'Self-efficacy and Anxiety of National Examination among High School Students', Procedia - Social and Behavioral Sciences. Elsevier B.V., 217, pp. 268–275. doi: 10.1016/j.sbspro.2016.02.082.

Ricci Z, Polito A, R. C. (2017) 'The implications and management of seotic acute kidney injury. Nature revies Nephrology.'

Somma-Pillay, P. et al. (2016) 'Page0035', Cardiovascular Journal Of Africa, 27(2), pp. 89–94. doi: 10.5830/CVJA-2016-021.

Wahyudi, I., Bahri, S. and Handayani, P. (2019) 'Aplikasi Pembelajaran Pengenalan Budaya Indonesia', V(1), pp. 135–138. doi: 10.31294/jtk.v4i2.

LAMPIRAN

**EFEKTIVITAS PRENATAL GENTLE YOGA TERHADAP PERBAIKAN
TINGKAT KECEMASAN DAN KADAR NOREPINEFRIN
PADA IBU HAMIL UMUR RESIKO TINGGI**

LEMBAR PERSETUJUAN MENJADI RESPONDEN

Saya yang bertanda tangan di bawah ini :

Nama   :

Nim   :

Kelas   :

Umur   :

      Sehubungan dengan penyelesaian tugas akhir pada program studi Ilmu Kebidanan Sekolah Pasca Sarjana Universitas Hasanuddin, menyatakan bersedia berpasipasi dalam penelitian yang dilakukang oleh :

Nama   : Riski Amalia

Nim   : P102181076

Judul   : Efektivitas Prenatal gentle Yoga Terhadap Perbaikan Tingkat

                Kecemasan dan Kadar Norepinefrin Ibu Hamil Umur Resiko Tinggi

      Saya harap penelitian ini tidak akan mempunyai dampak negatif serta merugikan bagi saya, sehingga yang akan saya jawab benar- benar dapat dirahasiakan.

      Demikian lembar persetujuan ini saya tanda tangani dan kiranya dipergunakan sebagaimana mestinya.

Responden

(.....................................)

HAMILTON ANXIETY RATING SCALE
(HARS)

Nomor Responden   :

Nama Responden   :

Tanggal Pemeriksaan   :

NO	PERTANYAAN	0	1	2	3	4
1	Perasaan Ansietas a. Cemas b. Firasat buruk c. Takut akan pikiran sendiri d. Mudah tersinggung					
2	Ketegangan a. Merasa tegang b. Lesu c. Tak bisa istirahat tenang d. Mudah terkejut e. Mudah menangis f. Gemetar g. Gelisah					
3	Ketakutan a. Pada gelap b. Pada orang asing c. Ditinggal sendiri d. Pada binatang besar e. Pada keramaian lalu lintas f. Pada kerumunan banyak orang					
4	Gangguan Tidur a. Susah tidur b. Terbangun tengah malam c. Tidak nyenyak d. Bangun dengan lesu e. Banyak mimpi-mimpi f. Mimpi buruk					

No	Gejala					
	g. Mimpi menakutkan					
5	Gangguan Kecerdasan a. Susah berkonsentrasi b. Daya ingat buruk					
6	Perasaan Depresi a. Hilangnya minat b. Berkurangnya kesenangan pada hobi c. Sedih d. Bangun dini hari e. Perasaan berubah-ubah sepanjang hari					
7	Gejala Somatic (Otot) a. Sakit dan nyeri di otot-otot b. Kaku c. Kedutan otot d. Gigi gemerutuk e. Suara tidak stabil					
8	Gejala Somatic (Sensorik) a. Tinnitus b. Pengelihatan kabur c. Muka merah atau pucat d. Merasa lemah e. Perasaan ditusuk-tusuk					
9	Gejala Kardiovaskuler a. Takikardi b. Berdebar c. Nyeri dada d. Denyut nadi mengeras e. Perasaan lesu/le,as seperti mau pingsan f. Detak jantung menghilang (berhenti sebentar)					
10	Gejala Respiratori a. Perasan tertekan di dada b. Perasaan tercekik c. Merasa napas pendek atau sesak d. Sering menarik napas panjang					
11	Gejala Gastrointestinal a. Sulit menelan b. Mual, muntah c. Ennek d. Konstipasi e. Perut melilit f. Defekasi lembek g. Gangguan pencernaan h. Nyeri lambung i. Rasa panas di perut j. Berat badan menurun k. Perut terasa panas atau kembung					

No	Gejala					
12	Gejala Urogenital a. Sering kencing b. Tidak dapat menahan kencing					
13	Gejala Otonom a. Mulut kering b. Muka kering c. Mudah berkeringat d. Sering pusing atau sakit kepala e. Bulu roma berdiri					
14	Tingkah Laku Pada Wawancara a. Gelisah b. Tidak tenang c. Jari gemetar d. Mengerutkan dahi atau kening e. Muka tegang f. Tonus otot meningkat g. Napas pendek dan cepat h. Muka merah					
	SKOR TOTAL					

Cara penilaian :

Dengan system scoring yaitu :

- a. Skor 0   = Tidak ada gejala
- b. Skor 1   = Ringan (satu gejala)
- c. Skor 2   = Sedang (satu atau dua gejala)
- d. Skor 3   = Berat (lebih dua gejala)
- e. Skor 4   = Berat Sekali (semua gejala)

Total Skor

- a. Kurang sari 14   = Tidak ada kecemasan
- b. 14 – 20   = Kecemasan Ringan
- c. 21 – 27   = Kecemasan Sedang
- d. 28 – 41   = Kecemasan Berat
- e. 42 – 56   = Kecemasan Berat Sekali

HASIL ANALISIS DATA BIVARIAT

Karakteristik Responden Kelompok Kontrol dan Intervensi

Usia Kehamilan

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	33.000[a]	30	.323
Likelihood Ratio	29.680	30	.482
Linear-by-Linear Association	.446	1	.504
N of Valid Cases	12		

a. 42 cells (100.0%) have expected count less than 5. The minimum expected count is .08.

Pendidikan

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.029[a]	1	.310		
Continuity Correction[b]	.114	1	.735		
Likelihood Ratio	1.024	1	.312		
Fisher's Exact Test				.523	.364
Linear-by-Linear Association	.943	1	.332		
N of Valid Cases	12				

a. 3 cells (75.0%) have expected count less than 5. The minimum expected count is 1.25.

b. Computed only for a 2x2 table

IMT

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	19.000[a]	18	.392
Likelihood Ratio	17.486	18	.490
Linear-by-Linear Association	.864	1	.353
N of Valid Cases	12		

a. 28 cells (100.0%) have expected count less than 5. The minimum
expected count is .08.

Agama

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.218[a]	1	.642		
Continuity Correction[b]	.000	1	1.000		
Likelihood Ratio	.382	1	.536		
Fisher's Exact Test				1.000	.833
Linear-by-Linear Association	.200	1	.655		
N of Valid Cases	12				

a. 3 cells (75.0%) have expected count less than 5. The minimum expected count is .17.

b. Computed only for a 2x2 table

HASIL ANALISIS DATA UNIVARIAT (ELISA DAN HARS)

Ranks

		N	Mean Rank	Sum of Ranks
Mid Elisa Intervensi - Pre	Negative Ranks	1[a]	6.00	6.00

Elisa Intervensi	Positive Ranks	11[b]	6.55	72.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Mid Elisa Intervensi - Pre Elisa Intervensi
Z	-2.589[b]
Asymp. Sig. (2-tailed)	.010

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Intervensi - Mid Elisa Intervensi	Negative Ranks	3[a]	5.00	15.00
	Positive Ranks	9[b]	7.00	63.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Intervensi - Mid Elisa Intervensi
Z	-1.883[b]
Asymp. Sig. (2-tailed)	.060

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Mid Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	5.33	16.00
	Positive Ranks	9[b]	6.89	62.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Mid Elisa Control - Pre Elisa Control
Z	-1.804[b]
Asymp. Sig. (2-tailed)	.071

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Mid Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	5.33	16.00
	Positive Ranks	9[b]	6.89	62.00
	Ties	0[c]		
	Total	12		

a. Mid Elisa Control < Pre Elisa Control

b. Mid Elisa Control > Pre Elisa Control

c. Mid Elisa Control = Pre Elisa Control

Test Statistics[a]

	Mid Elisa Control - Pre Elisa Control
Z	-1.804[b]
Asymp. Sig. (2-tailed)	.071

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Mid Elisa Control	Negative Ranks	6[a]	5.17	31.00
	Positive Ranks	6[b]	7.83	47.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Mid Elisa Control
Z	-.628[b]
Asymp. Sig. (2-tailed)	.530

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Mid Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	5.33	16.00
	Positive Ranks	9[b]	6.89	62.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Mid Elisa Control - Pre Elisa Control
Z	-1.804[b]
Asymp. Sig. (2-tailed)	.071

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Mid Elisa Control	Negative Ranks	6[a]	5.17	31.00
	Positive Ranks	6[b]	7.83	47.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Mid Elisa Control
Z	-.628[b]
Asymp. Sig. (2-tailed)	.530

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	3.00	9.00
	Positive Ranks	9[b]	7.67	69.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Pre Elisa Control
Z	-2.353[b]
Asymp. Sig. (2-tailed)	.019

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Mid Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	5.33	16.00
	Positive Ranks	9[b]	6.89	62.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Mid Elisa Control - Pre Elisa Control
Z	-1.804[b]
Asymp. Sig. (2-tailed)	.071

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Mid Elisa Control	Negative Ranks	6[a]	5.17	31.00
	Positive Ranks	6[b]	7.83	47.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Mid Elisa Control
Z	-.628[b]
Asymp. Sig. (2-tailed)	.530

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	3.00	9.00
	Positive Ranks	9[b]	7.67	69.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Pre Elisa Control
Z	-2.353[b]
Asymp. Sig. (2-tailed)	.019

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Hars Intevensi - Pre Hars Intervensi	Negative Ranks	10[a]	6.45	64.50
	Positive Ranks	1[b]	1.50	1.50
	Ties	1[c]		
	Total	12		

Test Statistics[a]

	Post Hars Intevensi - Pre Hars Intervensi
Z	-2.817[b]
Asymp. Sig. (2-tailed)	.005

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Mid Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	5.33	16.00
	Positive Ranks	9[b]	6.89	62.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Mid Elisa Control - Pre Elisa Control
Z	-1.804[b]
Asymp. Sig. (2-tailed)	.071

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Mid Elisa Control	Negative Ranks	6[a]	5.17	31.00
	Positive Ranks	6[b]	7.83	47.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Mid Elisa Control
Z	-.628[b]
Asymp. Sig. (2-tailed)	.530

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Elisa Control - Pre Elisa Control	Negative Ranks	3[a]	3.00	9.00
	Positive Ranks	9[b]	7.67	69.00
	Ties	0[c]		
	Total	12		

Test Statistics[a]

	Post Elisa Control - Pre Elisa Control
Z	-2.353[b]
Asymp. Sig. (2-tailed)	.019

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Hars Intevensi - Pre Hars Intervensi	Negative Ranks	10[a]	6.45	64.50
	Positive Ranks	1[b]	1.50	1.50
	Ties	1[c]		
	Total	12		

Test Statistics[a]

	Post Hars Intevensi - Pre Hars Intervensi
Z	-2.817[b]
Asymp. Sig. (2-tailed)	.005

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Ranks

		N	Mean Rank	Sum of Ranks
Post Hars Kontrol - Pre Hars Kontrol	Negative Ranks	9[a]	6.89	62.00
	Positive Ranks	2[b]	2.00	4.00
	Ties	1[c]		
	Total	12		

Test Statistics[a]

	Post Hars Kontrol - Pre Hars Kontrol
Z	-2.591[b]
Asymp. Sig. (2-tailed)	.010

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.