

The Effect of Audiovisual Media for Prenatal Yoga on Knowledge and Prenatal Yoga Activities of Pregnant Women

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Abstract: Background: Pregnant women are at risk of various health problems during pregnancy and childbirth. Prenatal yoga is a recommended physical activity that supports labor preparation and can be practiced independently with proper guidance. Audiovisual media are more interactive and effective in increasing knowledge and promoting behavioral change. Objective: This study aimed to investigate the impact of audiovisual media on pregnant women's knowledge and practices regarding prenatal yoga. Methods: This pre-experimental study used a one-group pretest–posttest design with a cross-sectional approach. The sample consisted of 50 pregnant women in Malang City selected through purposive sampling. Data was collected using questionnaires and analyzed with the Wilcoxon Signed Rank Test. Results: The findings showed a significant improvement in both knowledge and practice after the intervention. The analysis revealed p-values of 0.000 ($p < 0.05$) for knowledge and 0.014 ($p < 0.05$) for practice, indicating that audiovisual media effectively enhanced participants' understanding and engagement in prenatal yoga. Conclusion: Audiovisual media significantly improve pregnant women's knowledge and participation in prenatal yoga. This method can be used by health workers as an effective educational tool to motivate expectant mothers to practice prenatal yoga regularly for better pregnancy outcomes.

Keywords: audiovisual media, prenatal yoga, knowledge, activities

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Introduction

The Sustainable Development Goals (SDGs) program is a continuation of the Millennium Development Goals (MDGs). According to Goal 3 of the SDGs in the context of Indonesia's national health system, the target for the maternal mortality rate (MMR) in Indonesia by 2030 is to decrease to below 70 per 100,000 live births (BAPPENAS, 2018). This target has not been optimally achieved, as shown by the still high MMR in Indonesia based on the 2020 Population Census data, which remains at 189 per 100,000 live births. While the 2024 MMR data has not yet been publicly released, the 2020 rate nearly met the 2024 RPJMN target of 183 per 100,000 live births. In Malang City, the MMR showed a slight decline from 70 to 53 per 100,000 live births in 2023. Although there is a general downward trend in Indonesia's MMR, further efforts are necessary to accelerate this decline and meet the SDGs target (Sukmawati, Mamuroh, & Nurhakim, 2025).

There are three leading causes of maternal death: hemorrhage (30%), hypertension or preeclampsia (25%), and infection (12%) during pregnancy and childbirth (Sudarmi, 2021). One of the critical causes is hypertension and preeclampsia, which are life-threatening conditions due to vascular spasms and fluid retention and must be addressed promptly (Rini & Marfu'ah, 2023). One proven method to prevent such conditions is prenatal yoga, which has been shown to reduce blood pressure and prevent preeclampsia in hypertensive pregnant women (Indriayani et al., 2023).

Furthermore, complications during pregnancy and childbirth also contribute significantly to maternal deaths. According to (Sriatmi, Jati, & Budiyanti, 2020), all pregnant women are at risk of experiencing various complications resulting from pre-existing conditions or those developed during pregnancy. Therefore, preventing these complications is crucial for achieving optimal delivery outcomes. One preventive measure is engaging in structured and regular physical activity during pregnancy. Low-intensity activities such as

prenatal yoga are highly recommended for their safety and numerous health benefits (Susilawati, Hesti, & Nilakesuma, 2022).

Prenatal yoga is not only about physical movement but also involves calming the mind and reducing anxiety, offering various benefits for a mother's physical, psychological, and spiritual well-being. As a preparation for labor, prenatal yoga enhances physical stamina, reduces contraction pain and anxiety, trains breathing and flexibility of ligaments and muscles involved in labor, and speeds up postpartum recovery (Suananda, 2018). One of the advantages of prenatal yoga is its feasibility for independent practice at home with proper guidance (Yayuk Puji Lestari & Ika Friscila, 2023). Therefore, prenatal yoga should be practiced regularly, at least twice a week for 30–60 minutes, to ease discomfort during pregnancy and prepare for childbirth.

Knowledge is the foundation for one's actions and influences interest. A study conducted by Hesti et al. (2023) at Independent Midwife Practices (TPMB) revealed that more than half of the respondents had low knowledge about prenatal yoga, including its definition, benefits, principles, preparation, contraindications, techniques, and requirements. This lack of knowledge was mainly due to the fact that most respondents had never practiced prenatal yoga. Mothers' interest in practicing prenatal yoga increases with better knowledge and the availability of resources, such as instructional media (Dari Yani, Nofita, & Yana, 2021). Educational media can be categorized into visual, audio, and audiovisual formats (Ibrahim et al., 2022).

Audiovisual media are digital tools capable of delivering sound, such as videos (Sudarmi, 2021). Delivering educational materials via audiovisual media is considered more engaging and effective in increasing knowledge and changing behavior. This is supported by absorption capacity statistics: individuals using both sight and hearing retain 93% of the information, compared to 82% when using vision alone (Helisusanto et al., 2023). (Surya Atmaja & Lisnawati, 2023) confirmed that the use of audiovisual media in maternal classes significantly improved pregnant women's knowledge. Similarly, Dariyani et al. (2023) found that providing prenatal yoga instructional videos encouraged regular home practice among pregnant women, although 60% of respondents still lacked theoretical understanding of prenatal yoga.

The insufficient knowledge and limited prenatal yoga activity among pregnant women may be attributed to the lack of engaging and informative media. In Malang City, only 6 out of 22 TPMBs have prenatal yoga class facilities, and none utilize audiovisual media for educational purposes. Moreover, no previous research has examined the influence of audiovisual prenatal yoga media on pregnant women's knowledge and practice. This presents a significant opportunity to evaluate and provide novel insights into this area. Therefore, this study aims to investigate "The Effect of Prenatal Yoga Audiovisual Media on the Knowledge and Practice of Prenatal Yoga Among Pregnant Women in Malang City."

Method

This research is a quantitative study with a pre-experimental design using a one-group pretest-posttest approach without a randomized control group. The design applies to a cross-sectional approach in which observations before and after the intervention are conducted on the same subjects. Initially, respondents completed a pretest to assess their knowledge of prenatal yoga activities over the past month. Following this, they were provided with audiovisual intervention. After 2 weeks, a post-test was administered to measure changes in both knowledge and activity.

Population

The target population consists of pregnant women with a gestational age of at least 22 weeks who visited selected independent midwifery practices (TPMB) in Malang City and had not previously received information about prenatal yoga theory or watched prenatal yoga video guides.

Location and Period of Study

This study was conducted between October and December 2024 at TPMB facilities in Malang City that offer prenatal yoga classes: TPMB Sumidjah and TPMB Lilik Indahwati.

Sampling Technique

Subjects were selected using a non-probability, accidental sampling technique, where pregnant women meeting the inclusion criteria were chosen randomly at the study sites. The final sample size was 50 respondents.

Research Instruments and Materials

1. Audiovisual Media

The intervention video was collaboratively developed with Herdhika Ayu Retno Kusumasari, S.Keb., Bd., M.Keb., is a lecturer at Universitas Brawijaya and a certified prenatal yoga instructor. The video includes explanations of the theory, benefits, principles, contraindications, and movements of prenatal yoga tailored for the second and third trimesters. The video is 19 minutes and 58 seconds long and serves as an instructional tool for self-practice.

2. Knowledge Questionnaire

The knowledge instrument consists of 15 valid and reliable questions.

3. Activity Questionnaire

The activity questionnaire was adapted and modified to evaluate the respondents' prenatal yoga activities before and after the intervention. The pretest inquired about the frequency, duration, and setting of prenatal yoga within the previous month. The post-test assessed these parameters over the two-week intervention period and included questions on reasons for non-participation and family support.

Statistical Analysis

The distribution of the data was non-normal; therefore, a non-parametric Wilcoxon signed-rank test was employed to compare paired samples..

Ethical Approval

This study was approved by the Ethics Committee of Faculty of Medicine, Universitas Brawijaya (No.410/EC/KEPK-S1-KB/ 11/2024). Written informed consent was obtained from all participants prior to data collection

Result and Discussion

Respondents' Characteristics

Most respondents (92%) were aged between 20–35 years, had completed secondary education (62% graduated high school), were housewives (66%), and had a monthly income below Rp3,310,000 (60%).

Table 1. Respondents' Demographic Characteristics

Category	Subcategory	N	%
Age Group	< 20 years	1	2
	20–35 years	46	92
	> 35 years	3	6
Education	SD	0	0
	SMP	5	10
	SMA	31	62
Occupation	Sarjana	14	28
	Housewife	33	66
	Private Sector	13	26
Income	Entrepreneur	4	8
	< Rp3,310,000	30	60
	≥ Rp3,310,000	20	40

Facilities Availability

Most pregnant women did not possess prenatal yoga tools, with 45 respondents lacking any equipment. Even among those with access to a yoga mat or gym ball, few engaged in ideal yoga activity.

Table 2. Facilities Availability

Yoga Equipment Owned	Not Ideal	Not Practicing
Yoga Mat	0	2
Gym Ball	1	2
None	5	40

Pregnancy History

Most respondents were primigravida (62%) and in their third trimester (80%). However, primigravida women showed a higher tendency to avoid practicing prenatal yoga, indicating the need for targeted education.

Table 3. Pregnancy History Classification Gravida

Gravida	Not Ideal	Not Practicing
Primigravida	5	26
Multigravida	1	18

Table 4. Pregnancy History Classification Gestational Age

Gestational Age	Not Ideal	Not Practicing
22-27 weeks	1	9
28-38 weeks	5	35

Univariate Analysis - Knowledge

Before the intervention, the majority of respondents (82%) exhibited poor knowledge of prenatal yoga. Post-intervention, 100% of respondents reached a “Good” category, indicating a substantial increase in understanding after exposure to audiovisual media.

Table 5. Univariate Analysis Classification Knowledge

Knowledge Level	Pre-Test n (%)	Post-Test n (%)
Good (76-100)	0 (0%)	50 (100%)
Moderate (55-75)	9 (18%)	0 (0%)
Poor (<55)	41 (82%)	0 (0%)

Univariate Analysis - Activity

Prior to the intervention, none of the respondents engaged in prenatal yoga. After two weeks of using the audiovisual guide, 12% started practicing yoga but were not yet at the ideal frequency or duration.

Table 6. Univariate Analysis Classification Knowledge

Activity Level	Pre-Test n (%)	Post-Test n (%)
Ideal	0 (0%)	0 (0%)
Not Ideal	0 (0%)	6 (12%)
Not Practicing	50 (100%)	44 (88%)

Reasons for Not Practicing Yoga

The main reasons for non-participation included fatigue (25 respondents), being too busy with work (10), lack of motivation (6), and discomfort due to pregnancy (9). This indicates barriers beyond just knowledge, such as physical and psychological factors.

Table 7. Reasons for Not Practicing Yoga

Reason	Not Ideal	Not Practicing
Easily Tired	2	23
No Motivation	1	5
Busy with Work	2	8
Physical Discomfort	1	8

Family Support

Even though most respondents reported frequent encouragement and logistical support from their husbands, this did not directly translate into regular yoga activity, suggesting additional motivators may be needed.

Table 8. Family Support

Support Type	Not Ideal	Not Practicing
Husband Encouragement (Often)	6	30
Husband Encouragement (Rare)	0	14
Husband Help Preparedness (Yes)	6	40
Husband Help Preparedness (No)	0	4

Bivariate Analysis - Knowledge

The Wilcoxon Signed Rank Test showed a significant difference ($p = 0.000$) in knowledge scores between pre- and post-intervention. This confirms that audiovisual media had a positive and statistically significant effect on pregnant women's knowledge.

Table 9. Bivariate Analysis Classification Knowledge

Knowledge Level	Pre-Test	Post-Test	p-value
Good	0	50	
Moderate	9	0	
Poor	41	0	0.000

Bivariate Analysis - Activity

The activity level also significantly improved post-intervention ($p = 0.014$), as shown by the Wilcoxon test. Although the increase was not sufficient to reach the "ideal" category, it demonstrates a behavioral shift influenced by audiovisual guidance.

Table 10. Bivariate Analysis Classification Activity

Activity Level	Pre-Test	Post-Test	p-value
Ideal	0	0	
Not Ideal	0	6	
Not Practicing	50	44	0.014

In conclusion, the research confirmed that audiovisual media positively influenced both knowledge and activity levels of prenatal yoga among pregnant women in Malang, although further reinforcement strategies are needed to reach optimal behavioral change.

Influence of Audiovisual Media on Pregnant Women's Knowledge about Prenatal Yoga in TPMB Malang Area

This study revealed that before the provision of audiovisual media, most pregnant women in the TPMB Malang area had low knowledge regarding prenatal yoga. Specifically, 82% of respondents ($n = 41$) were in the poor category. After receiving the audiovisual media, namely a video containing information and demonstrations of prenatal yoga, every respondent (100%) showed a significant improvement in knowledge, with all being in the good category. The ease of access, flexibility of timing, and engaging format contributed to this knowledge increase, especially regarding benefits, requirements, and movements of prenatal yoga, as audiovisual learning facilitates simultaneous visual and auditory processing, which supports better comprehension of health-related information (Susilawati et al., 2020).

Knowledge is the outcome of one's cognitive process and is communicated through language or actions (Rukmi Octaviana, Aditya Ramadhani, & Achmad Siddiq, 2021). According to Susilawati et al. (2020), knowledge improves through the acquisition of information, which can be presented via text, images, or audiovisual content. The video format used in this research proved effective in simplifying complex ideas, saving time, and enabling self-paced learning, , which is particularly relevant for adult learners in maternal health education.

The bivariate analysis confirmed a statistically significant difference with a p-value of 0.000 ($p < 0.05$), indicating a meaningful change in prenatal yoga knowledge before and after exposure to audiovisual media. This aligns with Rahayu (2023), who highlighted the importance of credible health information sources such as certified midwives. Similarly, Suptiani et al. (2023) demonstrated the effectiveness of audiovisual education in increasing pregnant women's knowledge.

Several predisposing factors also played roles. Age-wise, most respondents were between 20–35 years (92%), a productive age bracket where individuals tend to demonstrate higher maturity and cognitive development (Paputungan, 2023; Aryani, 2023). This age range supports better processing of educational content, including prenatal yoga information. Regarding education, most had completed secondary or higher education (SMA = 62%, Sarjana = 28%), enabling effective assimilation of educational materials (Syaadah, Ary, Silitonga, & Rangkuty, 2023; Rahayu, 2023). Additionally, despite the mixed employment status, 66% being housewives, the flexibility provided by video content helped all groups access and absorb the information effectively (Aryani, 2023; Setyani, 2017). In terms of pregnancy experience, 62% of respondents were primigravida. As first-time mothers, they lacked prior exposure to prenatal yoga, making audiovisual media a crucial tool in filling this gap (Andarwulan et al., 2022).

Influence of Audiovisual Media on Prenatal Yoga Activity among Pregnant Women in TPMB Malang Area

Before receiving the audiovisual media, none of the respondents (100%) engaged in prenatal yoga. Post-intervention, 12% began performing yoga at home, albeit not at the ideal frequency and duration. Ideal performance, according to Azward et al. (2021), is twice a week, with 30–60 minutes per session (Rafika, 2018). The remaining 88% did not report any change. Prenatal yoga combines physical postures, breathing techniques, and meditation. It offers substantial benefits and should be done consistently. Audiovisual media help convey these practices effectively through visual and auditory stimulation, enhancing comprehension and motivation, although such media alone may not be sufficient to ensure sustained behavioral change.

Statistical analysis confirmed a significant behavioral difference before and after media exposure ($p = 0.014$). While knowledge improved, only a portion of respondents translated it into action, reinforcing that behavior change needs more than just knowledge (Fertimah et al., 2021).

Audiovisual media serves as a clear instructional tool, but other factors influence behavior, such as availability of equipment, family support, and intrinsic motivation. Equipment availability was limited; 90% lacked yoga tools, largely due to financial constraints (Yuliawati & Pratomo, 2019). Nonetheless, alternatives like carpets or chairs could suffice, indicating that the lack of equipment should not be a barrier. Motivation and interest were also key. Although 66% of respondents were housewives and had more free time, only 6 engaged in prenatal yoga. Physical exhaustion (50%) and busy schedules (20%) were common deterrents. This shows that time availability alone does not guarantee participation without internal motivation (Nurbaiti & Nurita, 2020). Family support was inconsistent. Despite 72% of husbands offering regular encouragement and 92% helping prepare equipment, most respondents remained inactive. This suggests that even strong external support might not overcome personal reluctance (Didik Nur Imanah & Sevi Oktaviani, 2023).

Experience also played a role. Being mostly primigravida, respondents had no prior exposure to prenatal yoga, leading to a lack of behavioral initiative despite increased knowledge (Yuliani & Andarwulan, 2022). Only 5 out of 26 primigravida practiced yoga, with many citing disinterest or lack of motivation. Gestational age was another factor; 80% were in the third trimester (28–38 weeks), a period

marked by discomfort. Although prenatal yoga is beneficial during this phase (Suananda, 2018; Aryani, 2023; Setyani, 2017), discomfort led many to avoid it. Knowledge alone was insufficient to initiate activity.

Conclusion

Based on the research conducted on the influence of audiovisual media on prenatal yoga knowledge and activity among pregnant women in Malang City, the following conclusions were drawn:

1. There was a significant improvement in pregnant women's knowledge after being provided with prenatal yoga audiovisual media, particularly concerning its benefits, the appropriate gestational age to begin, and the techniques or movements involved.
2. There was a behavioral shift in prenatal yoga activity, with respondents who previously did not perform prenatal yoga beginning to engage in the practice using the provided audiovisual guidance.
3. Audiovisual media on prenatal yoga had a significant positive influence on both the knowledge and activity levels of pregnant women in Malang City.

Authors' Contribution

All authors contributed equally to every aspect of this research, from the initial study design and data collection to the analysis, interpretation, manuscript preparation, and critical revisions. All authors have read and approved the final version for submission.

Conflict of Interests Statement

The authors declare no conflict of interest.

Data Availability

The dataset presented in the study is available on request from the corresponding author during submission or after publication.

Informed Consent

Written informed consent was obtained from the participants.

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