

# The effects of a prenatal yoga program on the discomforts of pregnancy and maternal childbirth self-efficacy.

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摘要

## Abstract

### Objective

to evaluate a yoga programme provided to primigravidas in the third trimester of pregnancy with the aim of decreasing the discomforts associated with pregnancy and increasing childbirth self-efficacy.

### Design

non-randomised controlled experimental study.

### Setting

a hospital in northern Taiwan.

### Participants

the target population was primigravidas at 26–28 weeks of gestation (no high-risk pregnancies) who had not engaged in regular exercise or yoga for at least one year. The study included 88 individuals; 43 in the control group and 45 in the experimental group who took part in the prenatal yoga programme.

### Intervention

the duration of the prenatal yoga programme was 12–14 weeks, with at least three sessions per week. Each workout lasted for 30 minutes.

### Measurements and findings

women who took part in the prenatal yoga programme reported significantly fewer pregnancy discomforts than the control group (38.28 vs 43.26,  $z=-2.58$ ,  $p=0.01$ ) at 38–40 weeks of gestation. The subjects who participated in the yoga programme exhibited higher outcome and self-efficacy expectancies during the active stage of labour (104.13 vs 83.53,  $t=3.24$ ,  $p=0.002$ ; 99.26 vs 77.70,  $t=3.99$ ,  $p<0.001$ ) and the second stage of labour (113.33 vs 88.42,  $t=3.33$ ,  $p=0.002$ ; 102.19 vs 79.40,  $t=3.71$ ,  $p<0.001$ ) compared with the control group.

