

## DAFTAR PUSTAKA

- Amalia, Riza., dkk. (2020). Prenatal Yoga terhadap Tingkat Kecemasan Primigravida Trimester III. *Jurnal Sains Kebidanan*. Vol.2 No.1
- Cramer, H. dkk.(2015). Characteristic of woman who practice yoga in different locations during pregnancy. *BMJ Open*. 2015;5(8)1–7
- Curtis, K., dkk. (2012). Systematic Review of Yoga for Pregnant Women : Current Status and Future Direction. *Evidence Base Complementary Alternative Medication*, 2012:1–13.
- Dewi, R., & Prima.(2008). *Rahasia Kehamilan*. Jakarta: Shira Medika.
- Dewi, Rahma Kusuma, & Purnani, Weni Tri. (2018). Pengaruh Prenatal Yoga Terhadap Kecemasan Ibu Hamil Trimester III di Kediri : Universitas Kediri
- Donsu, Jenita. (2017). *Psikologi Keperawatan*. Yogyakarta : Pustaka Baru Press.
- Esthini, Sri. (2016). Pengaruh Kelas Ibu Hamil terhadap Kecemasan Ibu Primigravida di Puskesmas Wates Kulon Progo. Poltekkes Kemenkes : Yogyakarta
- Evayanti, Yulistiana. (2015). Hubungan Pengetahuan Ibu dan Dukungan Suami pada Ibu Hamil terhadap Keteraturan Kunjungan Antenatal Care (ANC) di Puskesmas Wates Lampung Tengah Tahun 2014. *Jurnal kebidanan* Vol.I, No.2
- Fauziah, Lestari. (2016). Efektivitas latihan yoga prenatal dalam menurunkan kecemasan pada ibu primigravida trimester III. Bandung : Universitas Padjajaran
- Feist, G. J. (2009). *Theories of Personality*. Singapore: McGrawHill.
- Field, T. (2011). Yoga Clinical Research Review. *Complementary Therapies in Clinical Practice*. 17(1),1–8
- Handayani, Reska. (2015). Faktor-faktor yang Berhubungan dengan Tingkat Kecemasan Menjelang Persalinan paa Ibu Primigravida Trimester III di wilayah Kerja Puskesmas Lubuk Buaya Padang Tahun 2012. *Ners Jurnal Keperawatan*, 11(1), 62–71 .
- Hawari, D, (2013). *Manajemen Stress Cemas dan Depresi Cetakan Keempat*. Ed. Kedua, Jakarta : FKUI

- Huizink, A.C, dkk (2015). Adaptation of pregnancy anxiety questionnaire-revised for all pregnant women regardless of parity : PRAQ-R2. Arch Women Ment Health.
- Kamariyah,Nurul.,dkk.(2014). *Buku Ajar Kehamilan untuk Mahasiswa dan Praktisi Keperawatan serta Kebidanan*. Jakarta:Salemba Medika.
- Kannan, Muthiah., dkk. (2015). Yoga in Pregnancy.*Malaya Journal of Biosciences*. 2(2):104–109/ISSN 2348 6238
- Kaplan & Sadock.(2010). *Buku Ajar Psikiatri Klinik*. Jakarta: EGC
- Muria, Ni Komang Ayu Tri. (2018). Pagaruh Prenatal Yoga terhadap Kecemasan pada Ibu Hamil dalam Menghadapi Persalinan di BPM Kabupaten Kulon Progo tahun 2017.
- Kumalasari, Intan. (2015). *Panduan Praktik Laboratorium dan klinik, Perawatan Antenatal, Intranatal, Posnatal, Bayi Baru Lahir, dan Kontrasepsi*. Jakarta:Salemba Medika.
- Manurung, S. (2011).*Buku Ajar Keperawatan Maternitas Asuhan Keperawatan Intranatal*.Jakarta : Trans Info Media
- Marbun, Agnes Silvina, dkk. (2019). Efektivitas Terapi Hipnotis Lima Jari terhadap Kecemasan Ibu Pre Partum.*Jurnal Keperawatan Priority*.2(2),92 – 99
- Martini, F. H., Nath, J. L., & Bartholomew, E. F. (2012).*Fundamentals of Anatomy & Physiology.9<sup>th</sup> edition*. US: Benjamin Cummings.
- Mindarsih, Eko., dkk. (2019). The Effectiveness of Prenatal Yoga and Deep Breath Relaxation Techique in Reducing Anxiety on the Third Trimester Pregnant Woman in Clinic Asih Waluyo Jati Bantul.*Healthy and Active agein* : Universitas Respati Yogyakarta.
- Maulana, I., dkk. (2019). Penyuluhan Kesehatan Jiwa untuk Meningkatkan Pengetahuan Masyarakat tentang Masalah Kesehatan Jiwa di Lingkungan Sekitarnya. *Media Karya Kesehatan*, 2(2), 218–225
- Mudra, Susanne., dkk. (2020). The Longitudinal Course of Pregnancy-related Anxiety in Parous and Nulliparous Woman and its Association with Symptoms of Social and Generalize Anxiety.*Journal of Affective Disorders* 260(2020).111–118

- Neumann, D.C. 2010. *Alternative Therapies for Perinatal Care: A Holistic Approach to Pregnancy*. Grand Valley State University.
- Novelia, S., dkk. (2019). The Effect of Yoga Relaxation on Anxiety Levels among Pregnant Women. *Nurse Media Journal of Nursing*, 8(2), 86.
- Pardede, J. & Simangunsong, M. (2020). Family Support with the Level of Children Anxiety in the Intravenous Installation. *Jurnal Keperawatan Jiwa*, 8(3), 223–234.
- Pillitteri, Adele. (2018). *Maternal and Child Health Nursing: Care of Childbearing and Childbearing Family, 8<sup>th</sup> Edition*. Philadelphia: Lippincott Williams & Wilkins.
- Pratigny, T. (2014). *Yoga Ibu Hamil, Plus Postnatal Yoga*. Jakarta : Pustaka Bunda.
- Rathbone, Amy Leigh. (2019). Pregnancy-specific Health Anxiety: symptom or Diagnosis?. *British Journal of Midwifery*. Vol 27, No.5: University of Bolton.
- Rejno, Gustaf., dkk. (2019). Maternal Anxiety, Depression and Adverse Pregnancy Outcomes – A Population Based Study. *Nature Research Scientific Reports* (2019) 9:13101
- Rustikayanti, R. Nety, Ira Kartika, Yanti Herawati. 2016. Korelasi Perubahan Psikologis Ibu Hamil Dengan Tingkat Kepuasan Seksual Suami. *Jurnal Bidan "Midwife Journal" Volume 2, No.1.*
- Satyapriya, M., dkk. (2013). Effect of Integrated Yoga on Anxiety, Depression and Well-being in Normal Pregnancy. *Complementary Therapies in Clinical Practice*. 19(2013) 230 – 236 .
- Setiadi. 2012. *Konsep & Penulisan Dokumentasi Asuhan Keperawatan Teori dan Praktik*. Yogyakarta : Graha Ilmu
- Shiraishi, J.C., dkk. (2016). Complementary therapies in clinical Practice Effect of Yoga Practice on Muscular Endurance in Young Woman. *Complement Therapy Clinical Pract*, 22 : 69–73
- Silva, Monica Maria de Jesus, dkk. (2017). Anxiety in Pregnancy: Prevalence and Associated Factors. *Journal of School of Nursing : University of Sao Paulo*. 2017;51:e03253

- Situmorang, R., dkk. (2020). Hubungan Senam Prenatal Yoga dengan Tingkat Kecemasan ibu Hamil Trimester III. *Jurnal Ilmu Kesehatan Masyarakat*. 2020:9:(3): 178-183
- Smith, Caroline., dkk. (2018). The Effect of Complementary Medicines and Therapies on Maternal Anxiety and Depression in Pregnancy: a Systematic Review and Meta-analysis. *Journal of Affective Disorders*.
- Solichah, Nur & Lestari, Nanik Puji. (2017) Asuhan Kebidanan Komprehensif pada Ny. Y ( Hamil, Bersalin, Nifas dan BBL). *Jurnal Komunikasi Kesehatan Vol.VIII No.1*.
- Stuart,G. W. (2013). *Psyciatric Nursing* : Edisi 10. Jakarta: EGC
- Sumarni, dkk., (2014). Kecemasan ibu hamil dalam Menghadapi proses Persalinan. *Jurnal Kesehatan Wiraja Medika*.
- Supratiknya, Augustinus. (2009). *Teori – teori Psikodinamik Klinis*. Yogyakarta : Kanisius.
- Tsegaye D, Shuremu M, Bidira K and Negero B. 2016. Knowledge of obstetric danger signs and associated factors among pregnant women attending antenatal care at selected health facilities in Illu Ababor zone, Oromia National Regional State, south-west Ethiopia. *International Journal of Nursing and midwife*. Vol.9 No.3.
- Uguz, Faruk., dkk. (2019). Prevalence of mood and anxiety disorders during pregnancy: A case-control study with a large sample size. *Psychiatry Research* Vol.272
- Veftisia, Vistra, dkk. (2020). Prenatal Yoga dalam Megurangi Tingkat Kecemasan dan Stress di Masa Pandemi Covid-19.
- Widakdo, Dio Eko (2017). Pengaruh Teknik Distraksi Visual Film Kartum Terhadap Ansietas Anak Preoperasi Sirkumsisi.
- Widyastuti,Tria., dkk. (2019). Terapi Zikir sebagai Intervensi untuk MenurunkanKecemasan pada Lansia.*Gajah Mada Journal of Professional Psychology*.5(2), 147 – 157.
- World Health Organization. (2017). Depression and Other Mental Disorders : Global Health Estimate. WHO: GENEVA