

Research Article

Overview of Pregnant Women's Knowledge About Maryam Exercises to Reduce Anxiety at the Watu Public Health Center, Barru District

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Abstract: Maryam Exercises are a prenatal exercise method that combines movements from prayer with basic prenatal exercise techniques. These exercises aim to improve the physical, psychological, emotional, and spiritual well-being of pregnant women. Anxiety during pregnancy is common due to the long duration of pregnancy and the uncertainty of childbirth. This anxiety is often intensified by negative expectations about pregnancy and delivery, especially among primigravida women who lack maternal experience. A preliminary interview with midwives at the Watu Sub-Health Center (Pustu), Barru Regency, on June 25, 2025, revealed that 126 pregnant women had attended antenatal care since January. Midwives reported frequent complaints such as nausea, vomiting, sleep disturbances, and anxiety, with higher levels among primigravida women. These findings emphasize the need for interventions to help reduce maternal anxiety and prepare women for childbirth. This study aimed to examine pregnant women's knowledge of Maryam Exercises as a non-pharmacological approach to reducing anxiety during pregnancy. A quantitative descriptive design was used with 30 respondents selected through quota sampling based on gestational age, pregnancy status, and frequency of antenatal visits. Data collection employed a structured questionnaire. The results showed that half of the respondents (50%, n=15) demonstrated an adequate level of knowledge about Maryam Exercises, while others showed lower or higher levels. These findings highlight the importance of expanding health education about Maryam Exercises as a strategy to reduce maternal anxiety. Integrating regular counseling and education into antenatal visits is recommended to strengthen maternal knowledge, encourage relaxation, and support physical and mental readiness for pregnancy and childbirth.

Keywords: Anxiety; Barru; Knowledge; Maryam Exercises; Pregnant Women

1. Introduction

The maternal mortality rate (MMR) in Indonesia remains a major challenge in the health sector. Data from 2020 recorded 4,627 maternal deaths, and this number increased significantly to 7,389 in 2021. One of the leading causes of maternal death that year was hypertension during pregnancy, with a total of 1,077 cases (Ministry of Health of the Republic of Indonesia, 2021).

Anxiety in pregnant women is one factor that can increase the risk of hypertension during pregnancy, as it can trigger spikes in blood pressure and negatively impact the health of both mother and fetus. According to a 2016 WHO report, globally, approximately 10% of pregnant women and 13% of postpartum mothers experience mental disorders, with depression being the most common form.

Thus, efforts to improve the mental health of pregnant women are an important part of reducing maternal mortality rates. Maryam exercise is a form of non-pharmacological intervention that is effective in helping reduce anxiety levels in pregnant women, which combines elements of physical, spiritual, and psychological movement to support the holistic health of pregnant women. To provide optimal prenatal care, understanding and skills in identifying the various physiological changes during pregnancy are essential. Adequate knowledge of these changes is crucial as a basis for distinguishing between normal pregnancy conditions and pathological disorders that can endanger the health of both the mother and the fetus. (Aprillya et al., 2023).

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The Effect of Anxiety on Pregnant Women Anxiety experienced during pregnancy can have a negative impact on the health of both the mother and the fetus, if not addressed from the beginning of pregnancy to the third trimester, even until delivery. Mental health disorders such as anxiety and stress contribute to increased arterial blood pressure. This increase impacts optimal blood flow to the fetus, thus compromising fetal well-being.

Various predisposing factors that influence pregnant women's participation in prenatal exercise classes include demographic characteristics such as age, educational background, employment status, and number of children born (parity). In addition, there are also internal psychological factors that contribute, such as: knowledge, attitude, motivation, and mothers' belief in the benefits of prenatal exercise (Lumbantobing & Nababan, 2021).

Prenatal exercise plays a crucial role for pregnant women, especially in the third trimester, as a preventative and curative measure against anxiety. Two prenatal interventions have been shown to significantly reduce anxiety levels in pregnant women. Prenatal exercise creates a feeling of calm, comfort, and readiness both mentally and physically. physique in facing the labor process (Womb & Julianti, 2023).

Pregnant women who experience excessive anxiety are at risk of health problems, both physically and affecting fetal development. Mental unpreparedness for childbirth can lead to a longer-than-normal labor (prolonged labor). Anxiety can also cause irregular uterine contractions and increased blood pressure, increasing the risk of pregnancy complications such as preeclampsia or even miscarriage (Fitriyani, 2021).

Anxiety is an emotional state that arises within a person in response to a reality or event they are currently or will face. Untreated anxiety in pregnant women can potentially disrupt the body's physiological functions. One of the effects of anxiety is the occurrence of spasms in the blood vessels, which can worsen circulation and cause increased blood pressure. If this condition is allowed to continue, pregnant women have the potential to experience hypertension which can develop into preeclampsia (Erisna M. et al., 2020).

The anxiety experienced by pregnant women can trigger hypertension in pregnancy, a condition that is potentially dangerous and contributes to an increase in cases of maternal morbidity and mortality. According to a 2016 WHO report, globally, an estimated one in ten pregnant women and more than one in eight postpartum mothers experience mental health problems such as depression. In severe cases, this condition can lead to extreme behavior, including suicide. Mental health problems during pregnancy can negatively impact not only the mother's physical and psychological well-being but also the development of the fetus. However, this condition can be prevented and managed through effective intervention by trained non-specialist health workers (WHO, 2016).

The Ministry of Health of the Republic of Indonesia also emphasizes the importance of quality maternal health services by establishing Minimum Service Standards (SPM) which include 14 steps for integrated and comprehensive maternal protection, including the promotion of physical activities such as pregnancy exercises as part of antenatal services. As part of antenatal care (ANC) services, prenatal exercise is now included in prenatal classes to support holistic health care (Aisyah & Lestari, 2021).

The goal is to equip mothers with the knowledge and physical skills to prepare for childbirth. One of the main benefits of prenatal exercise is its ability to help reduce the levels of anxiety and tension that mothers often experience during pregnancy. Reduced anxiety levels in pregnant women contribute to increased relaxation and calm, allowing them to rest more optimally. This directly impacts better and more restful sleep quality (Selfiana et al., 2023).

Regular physical exercise, including prenatal gymnastics, has been shown to improve the overall mental and physical health of pregnant women (Fasiha et al., 2022). Putriawansyah (2021) revealed that prenatal exercise significantly contributes to reducing anxiety levels in pregnant women. This activity involves a series of planned movements with the primary goal of providing relaxation and calming the mind. Therefore, prenatal exercise is important during pregnancy as part of efforts to prepare the mother physically and mentally. One of its main benefits is reducing anxiety in the face of physiological and psychological changes during pregnancy (Wilsa Athala et al., 2022).

The Role of Breathing and Cooling Exercises in Reducing Anxiety in Pregnant Women
Breathing movements that are done slowly and regularly can help the body become more relaxed, as well as causing the capillary blood vessels to widen. This has a positive impact on increasing blood circulation, because when pregnant women take a deep breath, there is an increase in the flow of oxygen (O_2) and carbon dioxide (CO_2) in the body. Breathing that is done rhythmically and regularly contributes to increasing the efficiency of the heart's work, which in turn can reduce physical and psychological stress levels (Khasanah, 2020).

Cooling down movements performed at the end of a pregnancy exercise session also contribute to calming the mother's body and mind, thus helping to relieve tension during pregnancy. This cool-down provides a general relaxation effect on the body after performing a series of exercise movements. Physical exercise in general has been shown to reduce

psychological disorders, one of which is stress, which is often experienced by pregnant women (Ni Nyoman Ayuk et al., 2020).

Regularity in prenatal exercise has been shown to influence maternal anxiety. This study showed a significant difference in anxiety scores between pregnant women who regularly exercise and those who do not ($p < 0.05$), thus indicating a correlation between active participation in prenatal exercise and reduced anxiety levels during pregnancy. In addition, it was also found that the frequency of exercise and pregnancy status (gravida) Collectively, these variables contribute significantly to increasing or decreasing anxiety levels in pregnant women ($p < 0.05$), indicating that the more frequently a mother participates in exercise and the higher her pregnancy experience, the lower her anxiety tends to be (Wahyuni et al., 2022).

Maryam Exercise as a Holistic Effort to Reduce Anxiety of Pregnant Women Gymnastics Maryam is a form of physical exercise for pregnant women inspired by prayer movements and combined with elements of conventional prenatal gymnastics. The primary goal of this exercise is to support the overall health of pregnant women, including physical, mental, emotional, and spiritual aspects, thus providing more holistic benefits during pregnancy (Meiranny & Wulandari, 2021).

The direct impact of performing Maryam exercises, especially movements that resemble prayer, is maintaining the fetal heart rate within normal limits. This happens because pregnant women are able to manage their breathing well, which then has an impact on increasing feelings of calm and comfort during pregnancy. Maryam gymnastics is now attracting attention because it is considered to play an important role in overcoming various health problems, especially in reducing anxiety in pregnant women.

The combination of spiritual elements in physical activity in this exercise makes it not only a means of improving fitness, but also a form of relaxation therapy that supports the physical, mental and emotional readiness of mothers in facing the labor process. A study titled "*The Impact of Maryam Exercise Towards the Stress Level and Cortisol Serum Level among Primiparous Pregnant Women*" revealed that Maryam Exercise has a significant effect in reducing cortisol levels, which is an indicator of stress, in primiparous pregnant women. This study revealed that pregnant women who participated in Maryam Exercise experienced a decrease in cortisol levels, a hormone that plays a role in the body's stress response, and showed positive changes in their stress levels (Erisna M. et al., 2020).

These findings strengthen the evidence that Maryam gymnastics is not only beneficial from a physical and spiritual perspective, but also provides real physiological effects in reducing stress through hormonal mechanisms. This shows that the Maryam Exercise has the potential to be an effective non-drug approach to reducing pregnancy stress, especially for pregnant women who are facing the process for the first time. Efforts to improve the mental health of pregnant women through the Maryam Exercise require the support of valid scientific research to ensure its benefits can be objectively proven and provide a solid foundation for users, particularly healthcare workers and pregnant women themselves.

Maryam Exercise emphasizes not only the physical aspect through a series of movements, but also contains spiritual elements that can provide peace of mind and improve mental preparedness for pregnancy and childbirth. During the practice, Maryam gymnastics begins with an explanation of the benefits of each movement, ensuring participants have a comprehensive understanding of its purpose and expected positive impact.

This understanding will be more meaningful and impactful if followed by hands-on practice, as hands-on experience strengthens the learning process and fosters awareness among pregnant women about maintaining their mental and physical well-being. Therefore, further research on Maryam gymnastics is needed to evaluate its effectiveness in reducing anxiety and improving the physical, mental, and spiritual health of pregnant women. Health information obtained by a person can shape behavioral patterns and increase awareness in maintaining and controlling health conditions, both personally, within the family, and in the community (Maya Ersiana, 2020).

One form of important health information for pregnant women is related to the benefits of pregnancy exercises, especially Maryam exercises. The implementation of the Maryam Exercise shows a significant impact in reducing anxiety in pregnant women in the third trimester, a phase of pregnancy that is often accompanied by anxiety before giving birth. most vulnerable, both physically and psychologically. This reduction in anxiety makes Maryam exercises an effective alternative intervention to support pregnancy development in Indonesia. The advantage of this exercise lies in its holistic approach, because its benefits are not limited to physical aspects alone, but also include improving the psychological and spiritual well-being of the mother during pregnancy (Tutik Iswanti et al., 2023).

With these characteristics, Maryam gymnastics is worthy of being developed and promoted more widely as a daily routine exercise for pregnant women, especially during the final trimester of pregnancy. The Effectiveness of Maryam Exercises in Preparing for Childbirth and Reducing Anxiety. Research by Mughni et al. (2025) revealed that regular practice of Maryam exercises provides various benefits for pregnant women, both physically and psychologically. Physically, these exercises strengthen the muscles used during contractions, increase oxygen supply to the fetus, and help relieve pain during pregnancy. From a psychological perspective, this exercise has been shown to reduce anxiety levels experienced by pregnant women before delivery.

This reduced anxiety contributes to the mother's mental and emotional readiness for a normal delivery. These results confirm that the Maryam Exercise can be used as an effective non-pharmacological intervention to improve labor readiness. From the initial survey conducted by researchers at the Community Health Center, information was obtained that Watu Sub-Health Center (Pustu), Barru Regency, on June 25, 2025, obtained information from interviews with the coordinating midwife that there were 126 pregnant women who had undergone pregnancy check-ups since January 2025. From the interview, it was discovered that several common cases at Watu Pustu included pregnant women experiencing nausea and vomiting, difficulty sleeping at night, and anxiety during pregnancy.

This anxiety is especially felt by primigravida pregnant women, who have not had the experience of being a mother, especially by pregnant women in the final trimester, when anxiety begins to increase as the time of delivery approaches. These findings indicate that psychological aspects, particularly anxiety during pregnancy, remain a significant issue that requires attention in pregnancy services in the region.

Researchers interviewed not only the coordinating midwife but also five pregnant women undergoing prenatal checkups at the Watu Community Health Center. All three were asked a series of questions about their knowledge of the Maryam Exercises. One pregnant woman admitted to not knowing about the exercises, because they rarely access social media as a source of information. Meanwhile, four other pregnant women admitted to having heard about the Maryam Exercises but had never participated or practiced them due to their busy schedules.

Pregnancy is a physiological process accompanied by changes in the body and psyche of the mother. Such changes may cause discomfort, such as nausea, vomiting, sleep disorders, and psychological conditions such as anxiety (Prawirohardjo, 2018). Anxiety during pregnancy, if not managed, can negatively affect maternal and fetal health (Stuart, 2016).

Anxiety is an emotional response to situations perceived as threatening or uncertain. In pregnancy, anxiety often arises in primigravida women due to a lack of experience, fear of childbirth pain, and concerns about maternal or fetal safety (Varney, 2015). The World Health Organization (2016) also emphasizes that maternal mental health is a significant determinant of pregnancy outcomes.

Pregnancy exercise is a set of movements designed to maintain maternal health, prepare muscles for labor, and reduce pregnancy discomforts. According to Putri, Anggraini, and Lestari (2020), education about pregnancy exercise can improve knowledge and interest among mothers in practicing it.

Maryam Exercise is a form of antenatal exercise developed from prayer postures, including bowing, prostrating, and other modifications. This exercise emphasizes physical, mental, and spiritual aspects. Studies by Athala et al. (2022) and Nurhidayati (2021) found that Maryam Exercise is effective in reducing anxiety, especially in primigravida mothers.

2. Research Method

2.1 Type and Desain of study

This research employed a quantitative approach with a descriptive design. Descriptive research aims to illustrate a phenomenon or condition as it is, without providing any intervention to the research subjects (Notoatmodjo, 2014).

2.2 Place and Desain of Study

The study was conducted at Puskesmas Pembantu (Pustu) Watu, Barru District, from June to July 2025.

2.3 Population and Sampel

Population: All pregnant women who attended antenatal care at Pustu Watu, Barru District, from January to June 2025, with a total of 126 pregnant women.

Sample: A total of 30 respondents who met the inclusion and exclusion criteria

2.4 Sampling Technique

The sampling technique used was quota sampling, in which the sample was determined based on a predetermined quota, considering several characteristics such as:

Gestational age (first, second, or third trimester).

Pregnancy status (primigravida or multigravida)

Frequency of antenatal visits.

2.5 Research criteria

Inclusion criteria:

- Pregnant women attending antenatal care at Pustu Watu.
- Willing to participate in the study.
- Able to communicate well.

Exclusion criteria:

- Pregnant women with severe pregnancy complications.
- Respondents who withdrew before completing the study.

2.6 Research Variabel

Main variable: Pregnant women's knowledge about Maryam Exercise.

Supporting variables: Interest in practicing Maryam Exercise and anxiety levels during pregnancy.

2.7 Operational Definition

Variable	Operational Definition	Measurement Tool	Measurement Result	Scale
Knowledge of Maryam Exercise	Level of understanding of pregnant women regarding the definition, benefits, and role of Maryam Exercise	Multiple-choice questionnaire (15 questions)	Good (76–100%), Fair (56–75%), Poor ($\leq 55\%$)	Ordinal
Interest in practicing Maryam Exercise	Willingness of pregnant women to participate in Maryam Exercise	Attitude questionnaire	High, Moderate, Low	Ordinal
Anxiety	Emotional response of pregnant women to pregnancy and childbirth	Modified HARS scale	Mild, Moderate, Severe	Ordinal

2.8 Research Intrument

The research instrument was a questionnaire developed based on indicators of pregnant women's knowledge about Maryam Exercise, and a modified anxiety scale. The questionnaire was tested for validity and reliability before being used in the study.

2.9 Data Collection Technique

Primary data: obtained directly from respondents through the completion of questionnaires.

Secondary data: obtained from Pustu Watu records on the number of pregnant women, pregnancy status, and other supporting data.

2.10 Data Processing and Analysis

Data processing: consisted of editing, coding, data entry, and tabulating.

Data analysis: performed using univariate analysis to describe the frequency distribution of pregnant women's knowledge about Maryam Exercise, their interest in practicing it, and their anxiety levels. Results were presented in tables and percentages.

3. RESULTS

Table 1. Frequency Distribution of Respondent Characteristics

CHARACTERISTICS	FREQUENCY (N)	PRESENTATION (%)
Education		
Did not finish elementary school - junior high school	15	50%
High School – College	15	50%
Work		
Work	2	7%
Doesn't work	28	93%
Age		
<20 Years	1	3%
20-35 Years	26	87%
>35 Years	3	10%

The research findings revealed that 50% of respondents, or 15 people, had a low level of education (did not graduate from elementary school to junior high school), while the remaining 15 people (50%) had completed their education up to high school or university level.

In terms of age, the majority of respondents are in the healthy reproductive age range, namely 20–35 years, as many as 26 people (87%), while 4 other respondents (13%) are outside this range, namely under 20 years or over 35 years.

In terms of employment, the majority of respondents were housewives or unemployed, as many as 28 people (93%), while only 2 respondents (7%) had jobs.

Table 2. Frequency Distribution of Pregnant Women's Knowledge About Maryam Exercises to Reduce Anxiety

VARIABLES	FREQUENCY (N)	PERCENTAGE (%)
Knowledge		
Good	11	37%
Enough	15	50%
Not enough	4	13%

Referring to Table 2, it is known that 15 respondents (50%) were in the category of having sufficient knowledge regarding Maryam exercises as an effort to reduce anxiety. The remaining respondents were divided into the categories of having good and poor knowledge.

4. RESULTS AND DISCUSSION

The results of the study show that most pregnant women have a good level of knowledge about Maryam exercises. in reducing anxiety during pregnancy at the Watu Health Center in Barru Regency was categorized as sufficient , namely 50% of the 30 respondents.

One factor that may influence these results is the respondents' education level. The data in Table 4.1 shows that of the 30 respondents, half (15 people or 50%) had low education (less than elementary school to junior high school), while the other half had secondary to higher education (high school–university).

The higher a person's education, the greater their ability to understand health information. Pregnant women with higher education typically have broader access to information from various sources, including medical professionals and digital media. This makes it easier for them to understand the importance of Maryam exercises as a non-pharmacological effort to address anxiety during pregnancy.

As explained by Arikunto (2020), education is the process of developing individual maturity through teaching and learning activities. Education serves as a crucial factor in influencing a person's ability to understand and apply information, particularly health information, which increases with increasing educational attainment.

This study categorized pregnant women's education levels into two categories: lower education (elementary school–middle school) and higher education (high school to university). The data showed that each category was represented by 50% of respondents. These differences in education levels contributed to variations in pregnant women's knowledge regarding the Maryam exercise in managing anxiety.

The findings of this study are consistent with a study conducted by Septiana (2020), which identified a relationship between knowledge level, education, and employment status with pregnant women's involvement in pregnancy class programs, including physical activities such as prenatal exercise. Pregnant women with higher levels of education generally demonstrated better knowledge levels, and more aware of the importance of maintaining physical and psychological condition during pregnancy through activities such as Maryam exercises.

In other words, the education of pregnant women also determines their level of knowledge and participation in maintaining a healthy pregnancy, especially in efforts to reduce anxiety through Ma

The research results presented in Table 4.2 show that the majority of respondents, 28 (93%), were unemployed pregnant women, while only 2 (7%) were employed. This indicates that most pregnant women are engaged in domestic activities, potentially limiting access to information about pregnancy exercises, including the Maryam exerciseryam exercises.

Nursalam (2013) stated that unemployed mothers tend to receive less information due to limited social interactions and activities outside the home. A lack of professional activity can also lead to a lack of interest in seeking and developing knowledge through mass media, the internet, or other literature discussing the benefits and techniques of exercise for pregnant women.

Work, in general, is a zone or environment where individuals can gain experience and knowledge, either directly or indirectly. Through interactions in the workplace, a person has the potential to gain more information from coworkers, seminars, training, or even health facilities provided by the workplace.

Thus, work contributes to a person's level of knowledge, including in this case the knowledge of pregnant women about Maryam exercises. Pregnant women who work may have a greater opportunity to obtain information and understand the importance of exercise in reducing anxiety during pregnancy, compared to pregnant women who do not work.

It is important for health workers in service facilities such as Community Health Centers (Pustu) to actively provide education and information to all pregnant women, especially those who are not working, so that access to health information is equitable and does not become an obstacle in efforts to improve the quality of pregnancy.

Employment is an activity undertaken by an individual to earn income or a livelihood, while unemployment is a condition in which a person lacks a permanent job that generates income, either formal or informal (Putriawansyah, 2021). This employment status can influence a person's access to information and involvement in health promotion and prevention activities, including prenatal exercise.

Prenatal exercise is a recommended physical activity during pregnancy because it plays an important role in increasing relaxation, preparing the mother's physical and mental readiness for childbirth, and significantly contributing to reducing anxiety levels during pregnancy (Wilsa Athala et al., 2022).

Furthermore, prenatal exercise has also been shown to have a positive impact on the labor process. In their study, Semagga et al. (2021) found that regular participation in prenatal exercise contributes to a smoother and faster labor process. This is due to increased physical readiness and a decrease in discomfort often felt during pregnancy, such as back pain, shortness of breath, and sleep disturbances.

Working mothers tend to have wider access to information through the work environment, social media, or other social networks. On the other hand, mothers who do not work are at greater risk of having limited information, especially if they do not actively seek information independently or do not receive sufficient education from health workers.

Thus, an active role is needed for health workers in providing education to all pregnant women, especially those who are not working, so that they can gain adequate knowledge and understanding regarding the importance of prenatal exercise as an effort to improve physical and mental health during pregnancy.

The research results presented in Table 4.3 indicate that the majority of respondents, 26 (87%), were in the healthy reproductive age category (20–35 years). Meanwhile, 1 respondent (3%) was under 20 years old, and 3 respondents (10%) were over 35 years old.

This finding aligns with previous research showing that maternal age influences the level of physical and psychological preparedness for pregnancy. Pregnant women under 20 years of age generally have not yet reached optimal physical maturity. and emotional, making them more susceptible to anxiety and difficulty managing problems that arise during pregnancy (Siallagan D, et al., 2018). This can be caused by a lack of life experience, understanding of the pregnancy process, and limitations in making informed decisions.

Pregnant women over 35 years of age are at higher risk of pregnancy complications, such as preeclampsia, premature birth, and complications during delivery. These conditions often trigger excessive worry, which can lead to increased anxiety levels during pregnancy. Therefore, maternal age is an important factor to consider in promoting and preventing pregnancy anxiety.

Pregnant women's knowledge about pregnancy and the steps they can take to maintain their health during gestation. As individuals age, their ability to absorb information, solve problems, and respond to situations tends to improve due to the influence of increasing life experience. This results in a more mature mindset and a better understanding of health information.

Bahriah et al. (2022) stated that as a person gets older, their thought patterns tend to develop, and cognitive abilities. Thus, the more mature a person is, the better their knowledge about pregnancy and how to deal with various problems that may arise during pregnancy. This knowledge is very important in supporting the mother's readiness to face childbirth and reducing the risk of excessive anxiety.

The results of this study are consistent with Athala et al. (2022), who found that most pregnant women in their third trimester had a moderate level of knowledge about antenatal exercise. Similarly, Nurhidayati (2021) reported that Maryam Exercise is effective in reducing maternal anxiety, especially among primigravida mothers.

Knowledge in the fair category can be considered a positive foundation; however, it may not be enough to ensure the regular practice of Maryam Exercise. Lack of knowledge could lead to low motivation and reluctance to participate in such programs. Therefore, health workers at Pustu Watu are expected to enhance education efforts through counseling during ANC visits and maternal classes.

Maryam Exercise not only improves maternal fitness but also provides psychological and spiritual benefits, making it a holistic approach to prepare women for childbirth. With improved knowledge, pregnant women are more likely to be motivated to practice Maryam Exercise regularly, which in turn may reduce their anxiety and increase their confidence in facing labor.

5. CONCLUSION

Referring to the results of research that has been carried out At the Watu Health Center in Barru Regency, based on table 4.11, the distribution of respondents' general knowledge regarding Maryam exercises can be concluded that some of the respondents, namely a small portion of the respondents, namely 11 respondents, have good knowledge (37%), as many as 15 respondents have sufficient knowledge (50%), very few of the respondents, namely 4 respondents have less knowledge (13%) about Maryam exercises to reduce anxiety during pregnancy.

Suggestions from this research, considering that there are still many weaknesses and limitations in this research, for future researchers related to the level of knowledge about Maryam exercises and considering matters related to the insight of pregnant women regarding Maryam exercises, their research can be further developed from previous researchers and the results of this research can be used as input for future researchers.

The conclusion is written concisely, answering the research objectives or problems by presenting the research results or testing the research hypothesis, without repeating the discussion. The conclusion is written critically, logically, and honestly based on the existing research facts, with caution when generalizing. The conclusions and recommendations section is written in paragraph form, without numbering or *bullet points*. This section also allows the author to provide suggestions or recommendations for action based on the conclusions. Similarly, the author is strongly encouraged to provide a review of the research limitations and recommendations for future research.

6. RECOMMENDATIONS

Based on the conclusions above, the author offers the following recommendations:

For Pregnant Women:

- a. They are expected to be more active in seeking information and participating in outreach activities regarding the Maryam Exercises.
- b. Perform Maryam Exercises regularly to maintain physical, mental, and spiritual health and reduce anxiety before childbirth.
- c. For Health Workers (Midwives):
- d. Increase educational and outreach activities regarding Maryam Exercises, both individually during ANC visits and through prenatal classes.
- e. Provide hands-on guidance on Maryam Exercises so that pregnant women better understand the movements and their benefits.

- f. For Educational Institutions:
- g. The results of this study can serve as additional references in midwifery studies, particularly regarding non-pharmacological interventions to reduce maternal anxiety.
- h. For Future Researchers:
- i. Conduct research with an analytical or experimental design to more deeply determine the relationship or effectiveness of Maryam Exercises on maternal anxiety levels.

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