

ABSTRACT

Caesarean section, currently more preferred even without medical reasons. However, it should be noted that giving birth normally has a myriad of benefits that are not owned by Caesarean section. The birth process is influenced by the 5 P's namely Passage, Passanger, Power, Helper, and Psychic. And Prenatal Yoga has a positive influence on the 5 P's. Because Prenatal yoga is a combination of body, breath, mind and mental exercise which really helps pregnant women flex their joints and increase peace of mind during pregnancy and childbirth. Therefore this study aims to determine the relationship between prenatal yoga and length of labour.

The research design was correlational using a cluster random sampling technique with a retrospective design and the total number of samples was 32 mothers giving birth. This research was conducted in September, October, November 2022 at the Brondong Community Health Center, Lamongan Regency.

. The research results explained that the majority of respondents in this study did prenatal yoga, namely as many as 19 respondents (59.4%) and the majority of respondents in this study, namely as many as 20 respondents (62.5%), the duration of labor was normal.

Based on the calculation of the Fisher Exact Test statistic test, a significant level value of $p = 0.000$ $\chi^2 = 14.519$ is obtained, so H_1 is accepted, so there is a relationship between Prenatal Yoga and the length of labor at the Brondong Health Center, Lamongan Regency.

It is hoped that all pregnant women can do Prenatal Yoga regularly during pregnancy, because prenatal yoga can maintain the health and fitness of mothers during pregnancy and childbirth, as well as increase calm so that it is expected that the length of labor will run within normal limits. So that the incidence of prolonged parturition is decreasing and maternal mortality is decreasing.

Keywords: Yoga, Prenatal yoga, Long labour.