

**The Effect Of A Combination Of Prenatal Yoga And LavenderAroma therapy  
On Changes In Blood Pressure In Pregnant Women At The Janti Health  
Center, Malang City**

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**ABSTRACT**

Pregnancy is a process that every woman experiences, changes will begin to occur, namely the physical, mental and social aspects. The health problem that pregnant women will experience is high blood pressure. This research aims to determine the effect of a combination of prenatal yoga exercises and lavender aroma therapy on changes in blood pressure in pregnant women at the Janti Health Center, Malang City. Pre-experiment design method with a one group pre and post-test approach. The research population consisted of 182 respondents with a sample of 20 pregnant women. The sampling technique uses purposive sampling. Inclusion criteria were respondents with gestational age  $\geq 20$  weeks and blood pressure  $< 140/90$  mmHg. The independent variable is a combination of prenatal yoga exercises and lavender aroma therapy and the dependent variable is changes in blood pressure in pregnant women. Data were collected using an instrument in the form of an observation sheet to control the effect of the combined intervention of prenatal yoga and lavender aromatherapy. The analysis used was univariate analysis to determine the characteristics of the respondents and bivariate analysis using the Wilcoxon test to compare the results of blood pressure measurements before and after being given the combined intervention of prenatal yoga and lavender aromatherapy. Research results before the combination of prenatal yoga exercise and lavender aroma therapy intervention was carried out, the mean result was 121/80 mmHg, after the intervention was carried out the combination of prenatal yoga exercise and lavender aroma therapy, the mean result was 114/74 mmHg, there was an influence of the combination of prenatal yoga exercise and lavender aroma therapy on changes in blood pressure ( $p\text{-value} = 0.00 < 0.05$ ). Providing a combination of prenatal yoga exercises and lavender aroma therapy is a non-pharmacological therapy that can be applied to pregnant women because it has an influence on changes in blood pressure.

**Keywords ;** prenatal yoga exercises, lavender aromatherapy, blood pressure of pregnant women