

**THE EFFECT OF COMBINATION OF YOGA ANTENATAL AND AL-QUR'AN
MURATTAL THERAPY ON BLOOD PRESSURE, ANXIETY,
sFlt-1 AND PIGF IN PREGNANT WOMEN
WITH PREECLAMPSIA RISK**

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Abstract

Background: Anxiety is considered one of the risk factors for preeclampsia. High stress in pregnancy could increase stress hormones, blood pressure and decrease birth weight. The incidence of hypertension in pregnancies ranging from 12-22% and responsible for 17.6% maternal deaths, and also complicates around 8% of all pregnancies. The sFlt-1/PIGF ratio is seen as the best predictor for preeclampsia cases. **Method:** This study used true design of the pretest-posttest controlled group at the Puskesmas in Majalengka District. Ten pregnant women were given an additional combination of antenatal yoga and murattal al-Qur'an therapy for 60 minutes 12 times during 6 weeks, and 10 rests only received routine midwifery care. All respondents measured anxiety, sFlt-1, PIGF, and blood pressure before and after intervention. Data were analyzed using the Wilcoxon and Mann-Whitney tests. **Results:** There were significant differences in systolic, diastolic and anxiety among two groups as shown in table 2 which were analyzed using the Mann-Whitney test. Interventions using murottal and antenatal yoga have been shown to reduce systolic pressure by 10 mmHg, reduce diastolic pressure by 1.5 mmHg and anxiety by 14.4 points. Although the levels of sFlt-1 and PIGF did not differ significantly between the intervention and control groups, but the intervention could increase the PIGF value by 392.5, whereas in the control group it decreased. In addition, the intervention was also able to reduce the sFlt-1/PIGF ratio more than the control group by 67.14. The sFlt-1 / PIGF ratio is seen as the best predictor for preeclampsia.

