



The effect of a period of regular light physical activity on the level of anxiety in pregnant women in the third trimester of pregnancy

Poster Presentation

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Abstract

Introduction: Due to the high level of stress and anxiety during pregnancy and the importance of exercise and physical and mental fitness during pregnancy and childbirth, the present study examined the effect of a period of regular aerobic exercise including simple stretching and relaxation and preliminary movements on anxiety levels in pregnant women. The third month of pregnancy has been examined.

Methods: This study is a quasi-experimental and field study. For this purpose, 50 pregnant women in the third trimester of pregnancy (first and first pregnancy) whose bmi was 19 to 25 before pregnancy were selected and divided into two experimental groups and a control group. Responded to the Cattle Anxiety Inventory. Then, on the experimental group, a special exercise program was performed at home under the supervision of a trained instructor with an intensity of 50 to 65% of the previous maximum beat for 10 weeks. After that, all subjects answered the Cattle Anxiety Inventory They gave.

Results: This study and data analysis showed that there was a significant difference between the level of anxiety in the experimental and control groups in the third trimester of pregnancy. $P < 0.05$. The women stated that they felt cheerful and comfortable during the exercise period. After the study, the training was provided to the control group in the form of a DVD and a brochure.

Conclusion: From the analysis of the results of the first and second hypotheses of the research on the level of anxiety in the two groups and observing a significant relationship between them, it can be concluded that light breathing and aerobic exercise in the studied groups in the third trimester of pregnancy Kelly has a positive effect and physical activity reduces anxiety in pregnant women.

Keywords

exercise; pregnancy; anxiety; third trimester

Reference:

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