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"*Yopilano*" Method (Yoga, Pilates, And Hypnotherapy) exercise: Association of labour and childbirth

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Abstract

Background: The normal labor process is often influenced by psychological and physical factors in pregnant women. The *YOPILANO* method (Yoga, Pilates, and Hypnotherapy) is believed to enhance relaxation, strengthen pelvic muscles, and improve mental readiness to support normal delivery.
Purpose: To determine the effect of implementing the *YOPILANO* method on the likelihood of normal delivery among third-trimester pregnant women**.**
Method: A descriptive quantitative with quasi-experimental specially focusing on case control group. The study took place from June to October 2025 in Deli Serdang, Medan. The independent variables studied were yoga, pilates, and hypnotherapy, while the dependent variable was labour and childbirth. Using purposive sampling and taro yamene formula 24 participants were selected divided into 2 group included case and control group, who meet specific inclusion and exclusion criteria. The analysis proceeded with a univariate test to determine the frequency distribution of respondent's characteristics, followed by bivariate analysis using chi-square test.
Results: The control group, most participants did not receive the *yopilano* intervention, namely 8 people (66.7%). The Chi-square test results show a p-value of 0.040, which means that there is a statistically significant relationship between the practice of *Yopilano* and the occurrence of normal delivery at a significance level of 5% ($p < 0.05$).
Conclusion: Pregnant women who follow the *yopilano* practice have a greater chance of experiencing normal delivery compared to pregnant women who do not follow the practice. A value of 6.0 for the crude odds ratio (OR) indicates that pregnant women who practice *yopilano* are six times more likely to experience normal delivery than those who do not practice *yopilano*.

Keywords: Hypnotherapy; Labor and Chilbirth; Maternal Health; Prenatal Exercise.

INTRODUCTION

Yoga, Pilates and hypnotherapy for pregnant women are part of non-pharmacological complementary therapies in midwifery care, Complementary therapy is a type of therapy that utilises the field of health science that studies how to treat various diseases using traditional techniques. This therapy does not use commercial medicines but instead utilises various types of traditional medicines and therapies. As a form of disease treatment, this therapy is chosen to support conventional medical treatment (Zuraidah, Alam, Sebtalesy, Mahardany, Aswan, Siagian, & Linda, 2023).

Treatments that have been used for a long time and passed down from generation to generation in a country are known as traditional medicine. In midwifery care, complementary therapy is an additional therapy for midwifery care with a focus on prevention and promotion. Complementary midwifery care is also known as a holistic approach, believing that a person's illness is not merely a physical issue

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that can be cured by medication alone. It is a method of disease management that serves as a supplement to medical or conventional treatment or as an alternative treatment outside of conventional medical car (Esencan & Rathfisch, 2023).

The complementary therapy given to pregnant women in this study was a combination of yoga, Pilates and hypnotherapy. The use of complementary therapy was an effort to help pregnant women through the process of normal delivery (Lestari & Lubis, 2023). Yoga can help with mental preparation for childbirth and the new role of motherhood. This involves practising positive visualisation and affirmations that can boost confidence and prepare the mother's mind for a positive childbirth experience. During the childbirth process, Pilates can strengthen the abdominal and pelvic muscles, reduce back pain, and speed up labour. Hypnotherapy can be used to manage pain and enhance the mother's control over the labour and childbirth. By using hypnosis techniques, pregnant women can achieve deep relaxation, alter their perception of pain, and maintain focus and energy during labour (Islami, 2025).

Yoga can help with mental preparation for childbirth and the new role of motherhood. This involves practising positive visualisation and affirmations that can boost confidence and prepare the mother's mind for a positive childbirth experience. During the childbirth process, Pilates can strengthen the abdominal and pelvic muscles, reduce back pain, and speed up labour. Hypnotherapy can be used to manage pain and enhance the mother's control over the labour and childbirth (Basgol & Koc, 2020).

Using hypnosis techniques, pregnant women can achieve deep relaxation, alter their perception of pain, and maintain focus and energy during labour and childbirth (Setyaningsih, Novika, & Safety, 2020). The current situation, according to data from the World Health Organisation (WHO), is that the use of caesarean sections continues to increase globally, now accounting for more than 1 in 5 (21%) of all births (Makhija, Khatik, & Raghunandan, 2021). Pilates exercises during pregnancy are a safe method to reduce the length of the active phase and second stage of labour, reduce labour pain, and increase maternal satisfaction with the labour and childbirth (Ghandali, Iravani, Habibi, & Cheraghian, 2021).

Hypnotherapy has also been applied to the pushing phase or contraction phase during the birthing process. A study examined the effects of hypnotherapy on the pushing phase of labour. The results showed that women who used hypnotherapy had a shorter pushing phase and a higher level of satisfaction with their birthing experience (Madden, Middleton, Cyna, Matthewson, & Jones, 2016)

To reduce the use of caesarean section and instil confidence in pregnant women that they can undergo a comfortable normal delivery, it is necessary to design a form of exercise that can be performed comfortably by pregnant women in their third trimester. Pregnant women are trained to perform (Yoga, Pilates and Hypnotherapy Exercise) '*YOPILANO*', which is one of the efforts to build confidence in pregnant women that the natural childbirth process is not a process that causes severe pain, but rather, by using the "*YOPILANO*" exercise, childbirth can be enjoyed as a process that is truly natural or physiological, experienced by all women (Zeng, Zhou, Chen, Luo, & Huang, 2014).

RESEARCH METHOD

A descriptive quantitative with quasi-experimental specially focusing on case control group. The study took place from June to October 2025 in Deli Serdang, Medan. The independent variables studied were yoga, pilates, and hypnotherapy, while the dependent variable was labour and childbirth. Using purposive sampling and taro yamene formula 24 participants were selected divided into 2 group included case and control group, who meet specific inclusion and exclusion criteria.

The inclusion criteria included pregnant women in the third trimester (28–40 weeks), normal pregnancy without complications, able and willing to participate in the *YOPILANO* exercise program (Yoga, Pilates, Hypnotherapy), and physically capable of performing the exercises. Exclusion criteria required pregnancy complications such as preeclampsia, placenta previa, or antepartum hemorrhage, musculoskeletal disorders that limit exercise performance, non-cephalic fetal presentation and psychiatric disorders interfering with hypnotherapy.

The intervention group participated in the *YOPILANO* program, which is a combination of yoga, Pilates, and hypnotherapy conducted for 45–60 minutes, three times a week for four weeks. The

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exercises began with a warm-up, followed by breathing techniques to improve relaxation and breath control during contractions. The main session included prenatal yoga movements to open the pelvis and prenatal Pilates to strengthen the core and pelvic floor muscles. The session concluded with hypnotherapy using positive suggestions to reduce anxiety and increase readiness for childbirth. All exercises were guided by certified instructors and tailored to the participants' gestational age for the safety of the mother and fetus.

The control group received standard antenatal care according to midwifery practice guidelines without additional *YOPILANO*-based exercise. They were advised to continue routine daily activities and follow general pregnancy exercise recommendations provided by midwives, but no structured yoga, pilates, or hypnotherapy sessions were administered. This distinction allowed for a clear comparison between the targeted *YOPILANO* intervention and typical antenatal care in relation to labor outcomes.

The analysis proceeded with a univariate test to determine the frequency distribution of respondent's characteristics, followed by bivariate analysis using chi-square test.

RESEARCH RESULTS

Table Characteristics of Participants (N=24)

Variable	Group		OR	p-value
	Case (n=12)	Control (n=12)		
Age (n/%)				
(Mean±SD)(Range)(Year)	(24.428±5.146) (20-35)	(25.028±5.710) (20-35)		
<20	2/16.7	3/25.0		
20-35	8/66.6	7/58.3		
>35	2/16.7	2/16.7		
Education (n/%)				
Middle School	3/23.0	5/41.7		
High School	4/33.3	3/25.0		
Diploma/ Bachelor	5/41.7	4/33.3		
Employe (n/%)				
Housewife	7/58.3	8/66.7		
Freelance	5/41.7	3/25.0		
Student	0/0	1/8.3		
***Yopilano* (n/%)**				
Yes	9/75.0	4/33.3	6.000	0.040
No	3/25.0	8/66.7		

Tabel Characteristics of respondent with a mean age and standard deviation case group (24.428±5.146) and control group (25.028±5.710) ranging from 20-35 years.

The participants in the case group mostly had a diploma, with 5 people (41.7%), while most participants in the control group had a high school diploma, with 5 people (41.7%). Based on employment status, most participants worked as housewives, with 7 people (58.3%) in the case group and 8 people (66.7%) in the control group. In addition, many participants in the case group received the *yopilano* intervention, namely 9 people (75.0%), while in the control group, most participants did not receive the *yopilano* intervention, namely 8 people (66.7%).

The Chi-square test results show a p-value of 0.040, which means that there is a statistically significant relationship between the practice of *Yopilano* and the occurrence of normal delivery at a significance level of 5% ($p < 0.05$). In addition, the analysis results show that pregnant women who

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follow the *yopilano* practice have a greater chance of experiencing normal delivery compared to pregnant women who do not follow the practice. A value of 6.0 for the crude odds ratio (OR) indicates that pregnant women who practice *yopilano* are six times more likely to experience normal delivery than those who do not practice *yopilano*.

DISSCUSION

The results of the study indicate that pregnant women who practiced the *YOPILANO* method (Yoga, Pilates, and Hypnotherapy) were six times more likely to experience normal delivery compared to those who did not practice the method (OR = 6, $p < 0.05$). This suggests that the *YOPILANO* intervention is effective in increasing the likelihood of normal delivery. The high odds ratio reflects a strong association between the application of *YOPILANO* and successful normal delivery.

This strong association suggests that the combination of yoga, pilates, and hypnotherapy provides both physiological and psychological benefits that contribute to improved labor outcomes. From a physiological perspective, prenatal yoga and pilates enhance maternal flexibility, pelvic mobility, core muscle strength, and breathing control, all of which play critical roles in facilitating effective uterine contractions and fetal descent during labor (Simpkins & Simpkins, 2010). Improved physical conditioning may reduce maternal fatigue and promote more efficient labor progress, thereby increasing the likelihood of vaginal delivery (Gentz, 2001).

Physical preparedness, the hypnotherapy component of the *YOPILANO* method addresses psychological factors that influence the labor process. Hypnotherapy has been shown to reduce maternal anxiety, fear, and stress, which are known to interfere with oxytocin release and can prolong labor (Sari, Hati, & Rahman, 2022). By promoting relaxation and positive coping mechanisms, hypnotherapy helps mothers remain calm and cooperative during childbirth, supporting a smoother labor process. The integration of these three modalities within the *YOPILANO* method therefore offers a holistic approach that aligns with current theories emphasizing the interaction between physical readiness and emotional well-being in achieving successful normal delivery (Supatmi, Permatasari, Yumni, & Aryunani, 2022).

The results of this study are consistent with previous research indicating that prenatal exercise and mind–body interventions can reduce obstetric interventions and improve delivery outcomes. The magnitude of the odds ratio observed in this study underscores the potential clinical relevance of *YOPILANO* as a non-pharmacological intervention in maternity care. Given its safety, feasibility, and cost-effectiveness, the *YOPILANO* method may be considered a valuable addition to routine antenatal care programs to enhance maternal readiness for labor and support efforts to reduce unnecessary cesarean deliveries (Rahayu, Pepi, & Rani, 2021).

Theoretically, Yoga and Pilates exercises during pregnancy improve muscle flexibility, strengthen the pelvic floor muscles, and reduce stress, thereby preparing the mother's body for normal delivery. Hypnotherapy helps reduce anxiety and fear before labor, which are major contributors to the increased rate of cesarean delivery. This theory aligns with the Mind-Body Connection concept, where mental relaxation can positively influence the physiological response during labor (Anisak, Irawati, & Wayanti, 2025).

Treatments that have been used for a long time and passed down from generation to generation in a country are known as traditional medicine. In midwifery care, complementary therapy is an additional therapy for midwifery care with a focus on prevention and promotion. Complementary midwifery care is also known as a holistic approach, believing that a person's illness is not merely a physical issue that can be cured by medication alone. It is a method of disease management that serves as a supplement to medical or conventional treatment or as an alternative treatment outside of conventional medical care (Doner & Gercek, 2024).

The complementary therapy given to pregnant women in this study was a combination of yoga, Pilates and hypnotherapy. The use of complementary therapy was an effort to help pregnant women through the process of normal delivery (Campbell, 2019). Yoga can help with mental preparation for childbirth and the new role of motherhood. This involves practising positive visualisation and affirmations that can boost confidence and prepare the mother's mind for a positive childbirth experience. During the childbirth process, Pilates can strengthen the abdominal and

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pelvic muscles, reduce back pain, and speed up labour (Haseli, Eghdampour, Zarei, Karimian, & Rasoal, 2024). Hypnotherapy can be used to manage pain and enhance the mother's control over the labour and childbirth. By using hypnosis techniques, pregnant women can achieve deep relaxation, alter their perception of pain, and maintain focus and energy during labour and childbirth (Hartati, Jannah, Sulasdi, Sinaga, & Hafidz, 2024).

Prenatal exercise plays a crucial role in promoting maternal health and reducing the risk of complications associated with postural changes during pregnancy. However, for optimal benefits, prenatal exercise should follow a structured and systematic approach. Properly regulated prenatal exercise is essential for maintaining smooth blood circulation, which is critical for both maternal and fetal well-being (Setyowati, Suhartono, Ngadiono, Pujiastuti, & Dyah, 2017). Midwives and healthcare providers can incorporate prenatal exercise into routine prenatal care by educating pregnant women on its benefits and guiding them through safe and effective exercise routines. Regular prenatal exercise helps expectant mothers prepare physically for childbirth while also alleviating labor pain (Tournaire & Theau, 2007).

CONCLUSION

The *YOPILANO* method (Yoga, Pilates, and Hypnotherapy) has been proven effective in increasing the likelihood of normal labor. This intervention reduces the risk of labor complications, decreases pain and stress during labor, and enhances the physical and psychological preparation of pregnant women. The application of the *YOPILANO* method significantly increases the likelihood of normal labor by up to six times compared to pregnant women who do not participate in this intervention.

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