

# An Exploratory Study on Feedback among Antenatal Women in Rural Settings regarding their First-Time Practice of Pranayama

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**Abstract** - Pregnancy is a transformative physiological and psychological phase in a woman's life, often accompanied by stress, anxiety, and altered breathing patterns. Pranayama, a yogic breathing technique, is increasingly recommended as a safe, non-pharmacological intervention to promote maternal well-being. The present study aims to collect and analyze feedback from antenatal women regarding their debut experience of practicing pranayama. A descriptive survey design was adopted, and feedback was collected from 100 antenatal women after structured pranayama sessions for 15-20 min during their visits. A structured questionnaire assessed comfort, relaxation, stress management, breathing pattern changes, mental balance, perceived safety, willingness to continue, and recommendation to others. Frequency and percentage analysis were used to interpret the responses. The findings revealed high levels of positive perception, with 73% strongly agreeing that sessions were comfortable and easy to follow, 72% strongly agreeing that they felt relaxed and calm, and 64% strongly agreeing that pranayama helped manage stress. A majority (77%) strongly agreed that pranayama was safe during pregnancy, and 76% expressed a strong willingness to continue practice. Overall, 93% reported a good experience. The results suggest that pranayama is well-accepted, perceived as safe and beneficial among antenatal women during their initial exposure.

**Key Words:** Pranayama, Antenatal Women, Pregnancy, Maternal Mental Health, Stress Management, Breathing Exercises, Feedback Analysis, Prenatal Care

## 1. INTRODUCTION

Pregnancy is associated with significant physiological, hormonal, and psychological changes. Many pregnant women experience anxiety, stress, and breathing discomfort during this period. Non-invasive and holistic approaches such as pranayama are increasingly incorporated into antenatal care to enhance maternal well-being. Pranayama, a controlled breathing practice from yoga, is known to regulate respiration, improve oxygenation, reduce stress, and promote mental calmness.

Understanding the perception and initial experience of antenatal women towards pranayama is essential for integrating

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such practices effectively into maternal health programs. This study evaluates the debut experience of practicing pranayama among antenatal women using structured feedback and statistical analysis.

### **1.1 Background of the Study**

Maternal mental health plays a crucial role in pregnancy outcomes. Non-pharmacological interventions such as yoga and pranayama are increasingly incorporated into prenatal programs due to their safety and accessibility. However, feedback from first-time practitioners is necessary to assess comfort, safety, promotion, and perceived benefits of Pranayama in rural areas.

### **1.2 Need for the Study**

Despite the growing popularity of prenatal Pranayama programs, limited structured feedback has been documented regarding antenatal women's debut experience in rural area. Understanding participant perception helps improve program design and implementation.

### **1.3 Objectives of the Study**

1. To assess the comfort and ease of following pranayama sessions.
2. To evaluate perceived relaxation and stress reduction.
3. To determine changes in breathing pattern and mental balance.
4. To assess perceived safety of pranayama during pregnancy.
5. To evaluate willingness to continue and recommend the practice.

## **2. MATERIALS AND METHODS**

### **2.1 Research Design**

A descriptive survey design was adopted.

### **2.2 Sample and Setting**

The study included 100 antenatal women who attended guided pranayama sessions as part of antenatal care services.

### **2.3 Data Collection Tool**

A structured feedback questionnaire consisting of Likert-scale responses (Neutral, Agree, Strongly Agree) and open-ended questions was used.

### **2.4 Data Analysis**

Data were analysed using frequency and percentage distribution based on the responses recorded in the Excel dataset.

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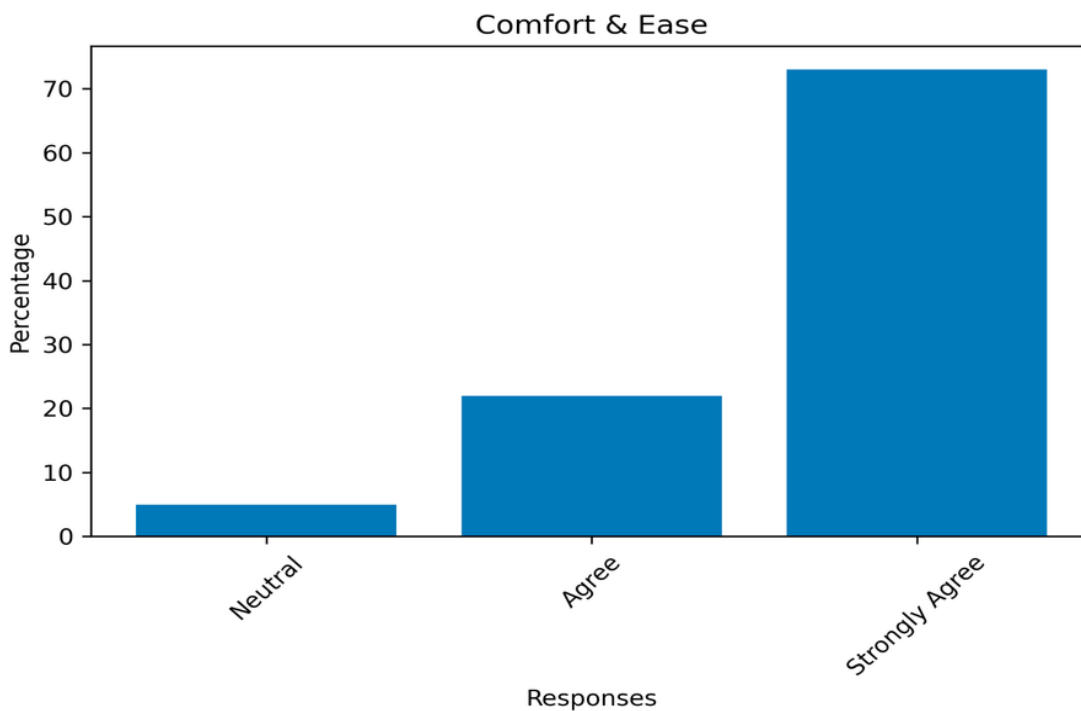
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### 3. RESULTS AND DISCUSSION

#### 3.1 Comfort and Ease of Practice

- 73% strongly agreed sessions were comfortable and easy to follow.
- 22% agreed.
- 5% were neutral.

This indicates high initial adaptability to pranayama.



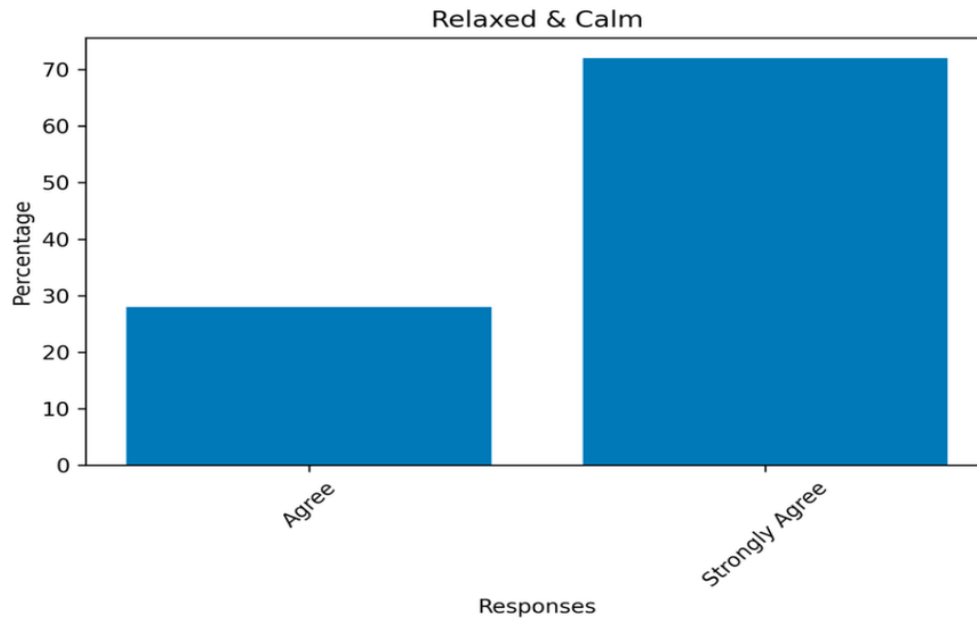
#### 3.2 Relaxation and Stress Reduction

- 72% strongly agreed they felt relaxed and calm.
- 28% agreed.
- 64% strongly agreed pranayama helped manage stress.

These findings suggest significant perceived psychological benefit.

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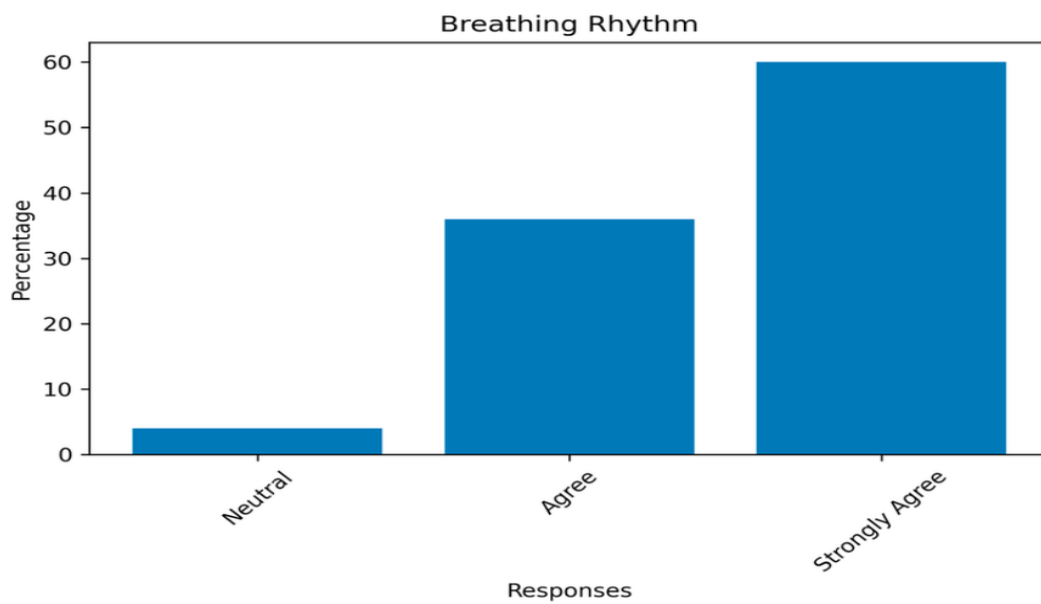
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### 3.3 Improvements in Breathing Pattern

- 60% strongly agreed that breathing became deeper and rhythmic.
- 36% agreed.

This reflects enhanced respiratory awareness among participants.



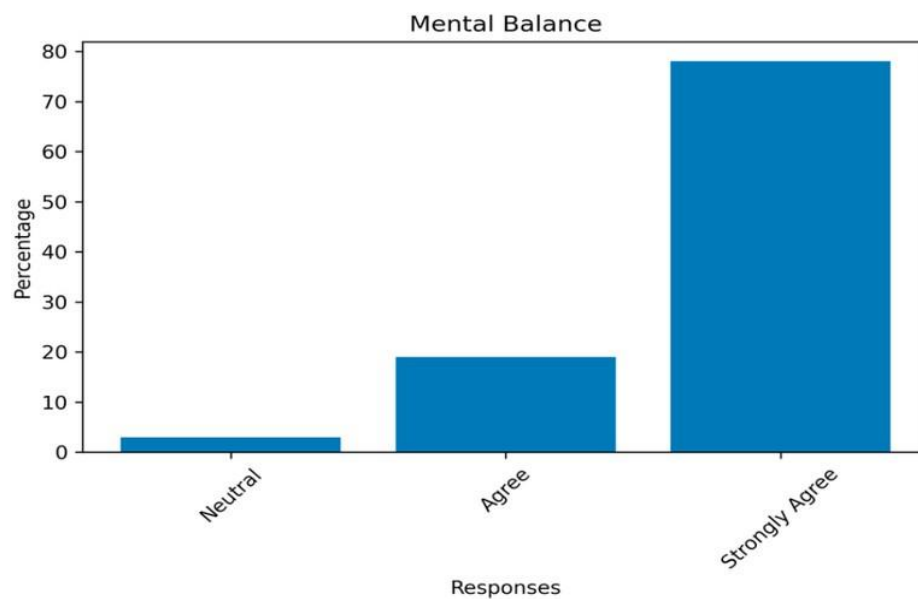
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### 3.4 Mental Balance and Emotional Stability

- 78% strongly agreed they felt mentally balanced.
- 19% agreed.

Pranayama appears effective in promoting emotional well-being.



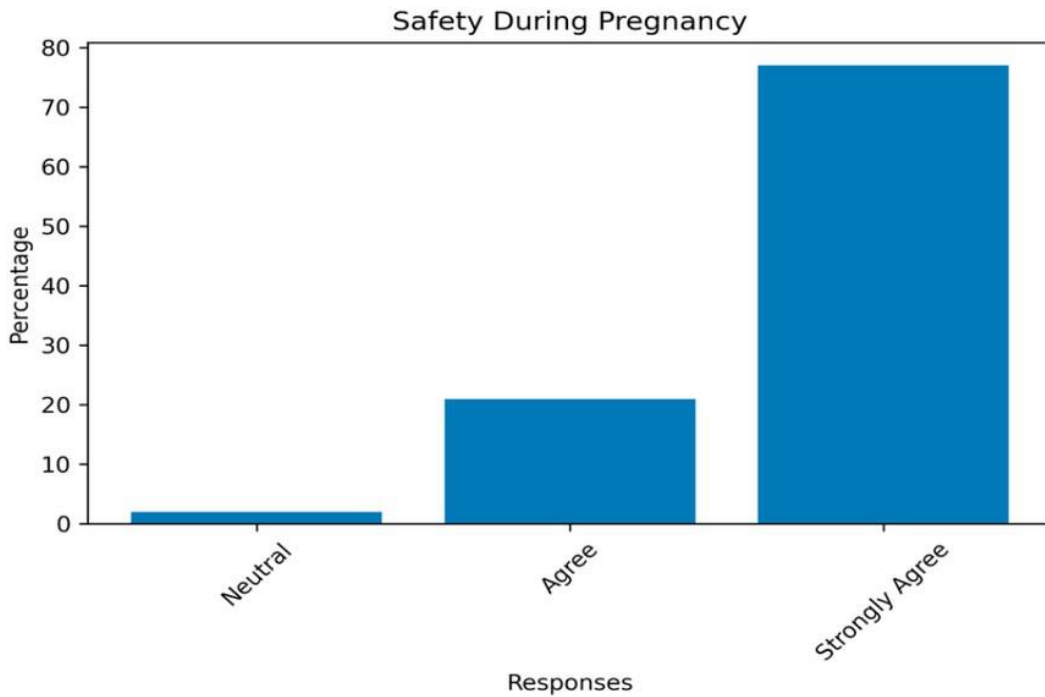
### 3.5 Perceived Safety during Pregnancy

- 77% strongly agreed pranayama was safe.
- 21% agreed.

This confirms high confidence in the safety of guided breathing practices.

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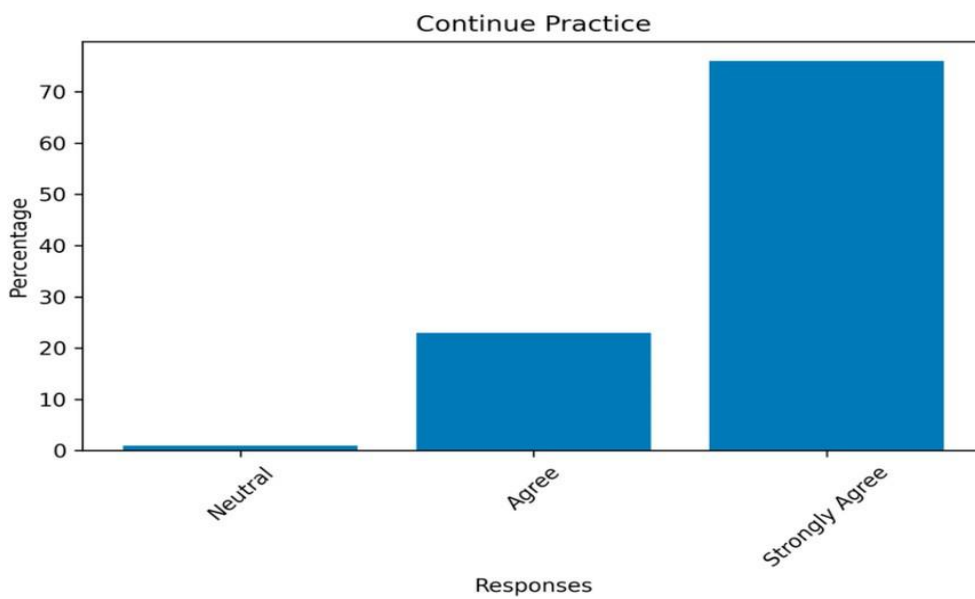
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### 3.6 Willingness to Continue and Recommend

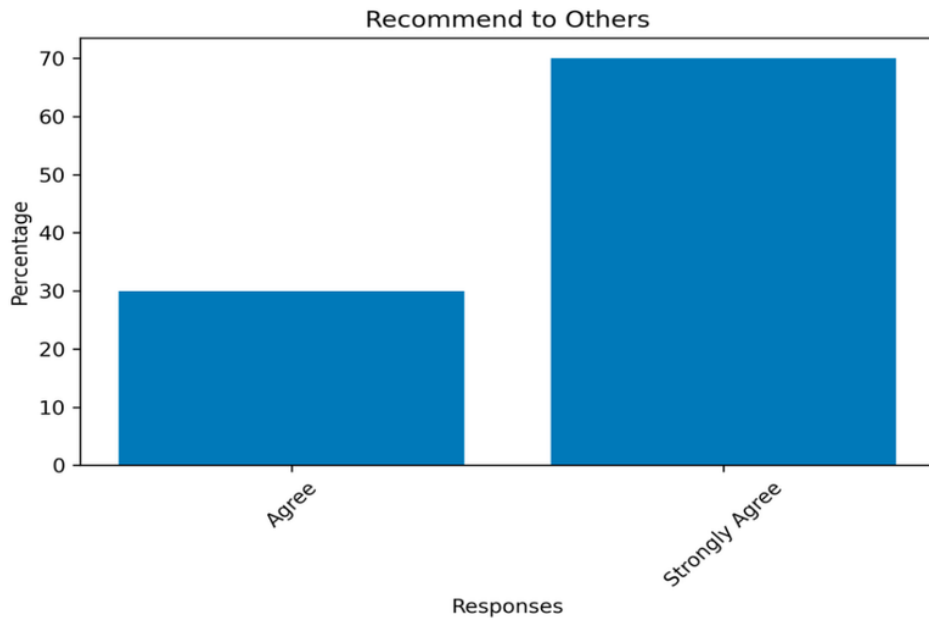
- 76% strongly agreed they would continue practicing.
- 70% strongly agreed they would recommend it to other antenatal women.

High continuation intent reflects program acceptance.



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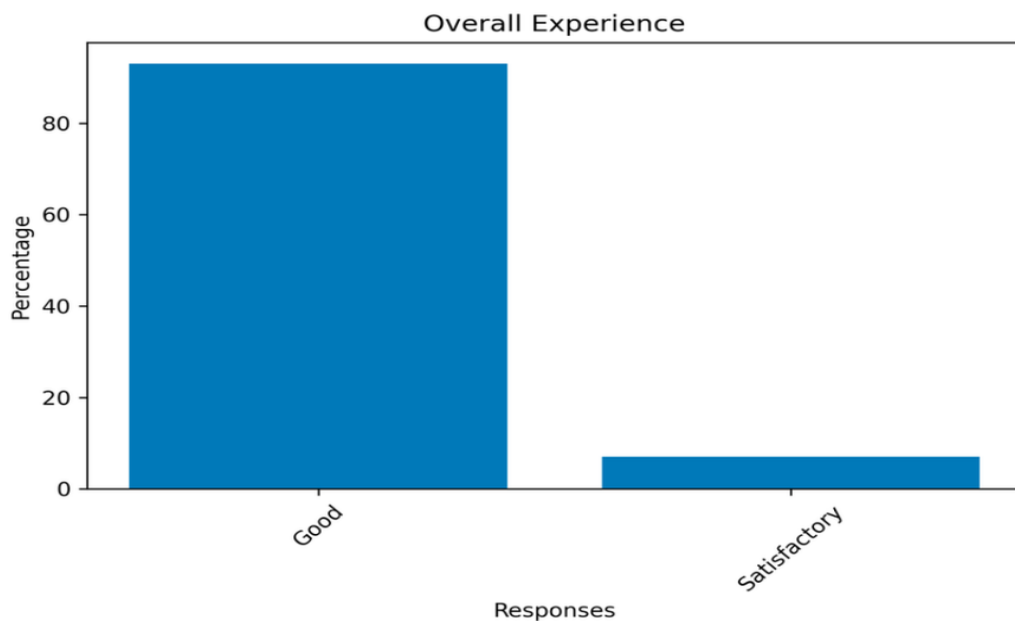
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### 3.7 Overall Experience and Suggestions

- 93% rated the experience as good.
- 7% rated it as satisfactory.
- 86% had no suggestions for improvement.

Minor suggestions included the provision of additional yoga mats and encouragement for daily practice.



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#### **4. CONCLUSIONS**

The study demonstrates that pranayama is highly acceptable, safe, and beneficial among antenatal women in rural area during their first exposure. Participants reported improved relaxation, better breathing rhythm, mental balance, and willingness to continue practice.

The findings support the integration of structured pranayama sessions into routine antenatal care in rural area to promote holistic maternal well-being.

#### **ACKNOWLEDGEMENT**

The authors sincerely thank all antenatal women who participated in the study and the healthcare institution that facilitated the sessions.

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