

效益型经营向规范化、质量型经营的转换，引导其民间体育产业尤其是旅游产业以促进当地农村地区发展为根本任务，步入可持续发展的道路。

3 研究结果

3.1 民间体育游戏的发展模式为：

3.1.1 以人本主义为基础，要坚定人本理念、筑牢民众基础、坚持生活需求

3.1.2 以文化传承为核心

3.1.3 以健身娱乐为方向

3.1.4 以产业开发为目标

3.2 民间体育游戏的发展路径为

3.2.1 多途径收集民间体育游戏

3.2.2 多维度甄选民间体育游戏

3.2.3 多样化开发民间体育游戏

3.2.4 多角度挖掘民间体育游戏，要以经济发展为指向、以因地制宜为原则、以可持续发展为任务、以生态环保为保障

4 结论与建议

民间体育游戏源远流长，蕴含着中华民族传统文化的精神内核，是人们生产生活与休闲娱乐息息相融的发展史，是中国民族传统文化的重要组成。在“全民健身”、“健康中国”快速发展，人文精神日渐成为主流体育思想的今天，民间体育游戏本身的健身娱乐的功能要继续传承，更要注重开发和综合利用其在教育、经济、文化等领域的多元价值，多方位多角度促求民间体育游戏进一步科学化、合理化、现代化，有力促进民间体育游戏为代表的传统体育文化的现代发展。

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基于PubMed的国外产前瑜伽对心理健康作用的系统文献综述

王文平

山西大同大学体育学院 山西 大同 037009

摘要：如果妇女在身体和心理上都处于健康状况下享受怀孕过程，她们将感到幸福。但是，某些怀孕会引发孕妇的心理问题。产前瑜伽是可以在怀孕期间维持健康精神状况的补充疗法之一。然而，在我国由于较少的父母知识和家庭支持，所以很少有人知道产前瑜伽。这项研究的目的是通过评价国外发表的关于产前瑜伽的相关文献，确定国外参加过产前瑜伽的孕妇的心理健康状况，并确定产前瑜伽对孕妇心理健康状况的有效性，以期为我国孕妇产前心理健康进行干预提供科学参考。使用7个步骤创建“系统文献综述”，从数据库PubMed中选择了942篇英文文章进行严格评估。基于具有多种设计的定量方法选择物品。将符合各种标准并被认为是良好的12篇文章分为几个方面，即胎儿反应，抑郁和压力，焦虑，并发症，免疫力和自我效能感。根据所选文章的研究结果进行了讨论。研究表明，产前瑜伽是安全的，对孕妇及其婴儿有很多好处。产前瑜伽的好处是改善垂体神经反应，降低皮质醇水平，改善情绪，诱导积极思考，减少焦虑，压力和沮丧，并增加孕妇分娩至产后的信心。

关键词：瑜伽，产前，辅助治疗，助产

1 引言

怀孕是家庭的宝贵礼物^[1]，宝宝的出生非常值得期待^[2]。如果一个女人能够快乐地享受怀孕过程^[3]，并且在身体和心理上都处于健康状态^[4]，她将感到自豪。但是，妇女在怀孕期间也容易出现并发症或高风险。这可能导致焦虑，甚至导致他们抑郁，从而降低他们的身心健康^[5]。

随着时间的推移，国外许多国家和地区，对孕妇的产前护理都不断发展，关注点也更加全面化和整体化。这是“可持续发展目标（SDG）”计划的实现，该计划旨在降低孕妇的死亡率和发病率^[7]。孕妇经常会出现腰痛^[8]，高血压^[9]，水肿，贫血^[10]和其他

不适, 这些不适会引发对心理状况的破坏并使他们容易遭受抑郁症的困扰^[11]。一些研究报告说, 印度尼西亚 50% 的孕妇患有抑郁症^[12], 并损害了心理健康^[13]。世界上有 2% 的孕妇^[14]经历过由焦虑和抑郁引起的精神障碍^[15]。尽管这个数字看起来很小, 但实际上却代表着一个很大的数字, 这已经成为一个大问题, 特别是对于那些试图降低孕妇的发病率和死亡率的助产士而言^[16]。实际上, 许多孕妇仍然不知道如何应对精神疾病^[17]。同时, 医疗保健提供者^[18], 尤其是助产士在管理心理健康方面常常是被动的^[19]。如今, 已经开发和研究了可改善孕妇心理和身体健康的辅助疗法, 例如产前瑜伽^[20]。然而, 由于缺乏知识和家庭的支持^[21], 所以没有多少妇女知道产前瑜伽^[22]。因此, 改善孕妇心理健康的缺口仍然很宽^[23]。健康的头脑与良好的身体健康有关。因此, 健康的怀孕也源于强大的心理健康。基于这个问题, 我们有必要探索产前瑜伽及其对孕妇心理健康的影响。

2 研究方法

使用关键字“系统文献综述, 心理健康的产前瑜伽”选择文章。系统的文献综述阶段为: (1) 问题识别, (2) 框架制定, (3) 文献检索, (4) 文章选择, (5) 关键评估, (6) 数据提取, (7) 数据收集和绘制地图。

问题识别: 被称为瑜伽的健美运动正在迅速发展^[24]。过去, 瑜伽被认为是一种浓厚的印度教宗教文化^[25], 但随着时间的流逝, 这种做法被认为是一种有益的运动。印度尼西亚的乌鲁玛理事会 (MUI)^[26]认为瑜伽是“makruh”, 是三者之一, 意思是瑜伽是一种纯净的运动, 没有任何印度教精神元素^[27], 冥想^[13]和咒语。瑜伽有多种类型, 每种都有不同的益处, 包括孕妇瑜伽或称为产前瑜伽^[30]。

产前瑜伽^[28]已针对孕妇的安全性和舒适性进行了调整。教授这种身体训练的教练或从业者被称为瑜伽士^[29]。产前瑜伽有很多好处, 例如改善孕妇的心理健康。良好的心理健康对每个人, 包括孕妇都至关重要^[30]。孕妇, 尤其是未产或初生孕妇, 必须获得良好的家庭支持^[31], 并且要有很多有关怀孕过程^[32]、分娩和产后的知识, 以便母亲的身心都准备好面对任何问题或随时可能发生的并发症^[33]。孕妇遭受的抑郁或压力可能会干扰他们的思想和健康状况^[34]。因此, 为了预防抑郁症和其他心理健康问题, 孕妇可以练习或应用一些运动或疗法, 例如产前瑜伽^[35]。希望这种新的辅助疗法将有助于降低孕妇的发病率和死亡率^[36]。

文献检索: 系统的文献综述步骤如下:

- (1) 将框架作为确定包含和排除标准的基础, 以便数据搜索仅关注上下文 (见表 1)。
- (2) 开发与框架相关的关键字。
- (3) 在 PUBMED 数据库的搜索引擎中输入这些关键字。PUBMED 数据库还具有一些过滤器以获取最准确的结果, 例如完全扩展过滤、10 年前的数据发布、人工和英语。
- (4) 记录收集的 942 篇文献的数据库结果。
- (5) 将数据库页面保存到 Zotero 参考书目存储引擎。在 Zotero 中, 把数据输入到文件夹中。
- (6) 根据框架对存储的数据进行过滤, 将不合适的文章从“相关”文件夹中删除。
- (7) 注意文章数量的调查结果。

筛选过程显示在下面的流程图中 (图 1)。

表 1 纳入和排除标准框架

要素	纳入	排除	基本原理
人群	Pregnant Yoga pregnancy Prenatal yoga	Pregnant women who have a disability	
事件	Mental health Mindfulness Depression Stress		Nulliparous Primigravida multigravida
结果	Effectiveness of mental depression		
研究设计	Case-control Cross sectional RCT Cohort Experiment		Quatitative method
语言	English	Non-English	

共有 22 篇关于产前瑜伽有效性的文章通过了严格评估。这些研究使用了定量研究方法和各种研究设计，例如准实验，病例对照，随机对照试验（RCT）和横断面研究。使用乔安娜·布里格斯的清单或工具对文章进行了进一步评估。在选定的文章通过关键评估过程之后，将 12 份高质量的文章编入 Scopus，并使用 Q1 和 Q2 标准。

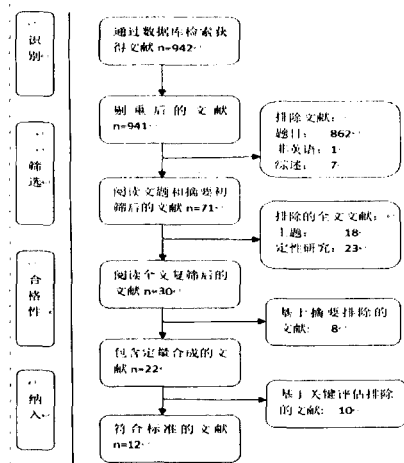


图 1 文献筛选流程图

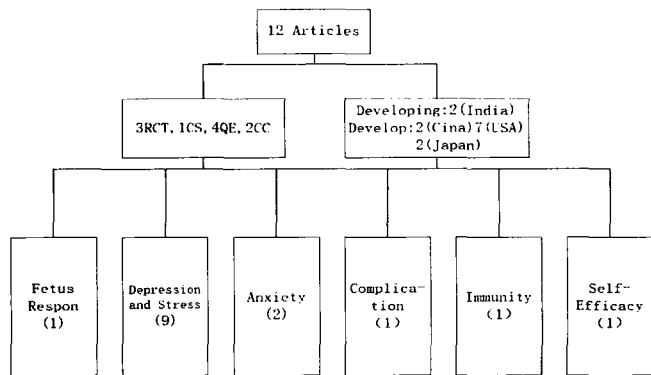


图 2 纳入评价的文献分布图

数据提取：获取与主题匹配的文章后，提取数据。提取的 12 篇文章包括关键标准，例如研究地点，研究人群，研究目标，方法，发现或建议（表 2）。

作图：根据已选择并被认为是质量良好的 12 篇文章，将数据提取到几个点，例如研究目标，研究设计，样本数量以及研究结果或发现（图 2）。

3 结果

3.1 产前瑜伽与胎儿的反应

Babbar S^[37]的一项发现解释了产前瑜伽对胎儿反应的有效性。该发现表明，首次参加产前瑜伽计划的孕妇没有明显的胎儿反应，包括胎儿心率（FHR）和流向静脉和脐动脉的血流。恒定值显示胎儿心率无明显变化。为胎儿提供营养的血流也没有明显变化。可能是因为评估仅在第一次瑜伽练习中进行。两组的干预仅涉及一个小时的瑜伽课。

3.2 产前瑜伽与抑郁和压力

六篇文章发现了产前瑜伽对于抑郁症的有效性。Battle CL^[38]指出，产前瑜伽是孕妇可行且可接受的应用。Kusaka M 解释说^[39]，产前瑜伽可减轻压力并改善自主神经反应^[40]。在 Bershadsky S 的文章^[41]中，已证明哈达瑜伽可以改善孕妇产后的情绪。Field T 的文章^[42]解释说，与对照组相比，干预组的产前瑜伽可减轻抑郁，焦虑，愤怒，背部和腿部疼痛或下背疼痛。同时，来自 Field T 的另一文章^[39]解释说，瑜伽和按摩疗法干预的组间没有差异。

3.3 产前瑜伽与焦虑

在两篇文章中发现了产前瑜伽对孕妇焦虑的明显好处。Davis K^[44]建议产前瑜伽可以减轻怀孕期间的焦虑和不适，而不仅仅是定期进行产前检查^[45]。不舒服的经历使孕妇感到焦虑。练习产前瑜伽可以减少孕妇的焦虑感和不适感^[46]。

3.4 产前瑜伽与并发症

孕妇担心可能会发生的并发症。一项研究发现，常规练习产前瑜伽可以减轻孕中期的身体疼痛，从而显着减少孕晚期的恐惧^[47]。

3.5 产前瑜伽与免疫力

几篇文章建议产前瑜伽可以提高身体的免疫力。因此，孕妇可以感到更健康，更强壮^[48]。

3.6 产前瑜伽与自我效能

抑郁或患有焦虑症的孕妇可能会感到不安和无助^[49]。一项研究表明，以光盘形式提供产前瑜伽视频并每周例行进行 2 至 3 次的

受访者表示，焦虑减轻了，身体状况得到了改善。这使受访者在怀孕和分娩过程中充满信心，更加独立^[50]。

4 分析

怀孕是精子和卵子之间受精过程的结果，一般预计胎儿会正常生长和发育。孕妇通常具有相同的生理状况。但是，由于每个人都不相同，因此胎儿之间的发育可能会有所不同。除了身体健康外，心理健康也是孕妇中需要观察和考虑的重要因素^[39]。

妊娠 1 期至妊娠 3 期的生理逆转现象，如流产的威胁，低出生体重 (LBW)，缺乏长期精力 (KEK)，疲劳，背部疼痛或下背痛 (LBP)，失眠，腿部浮肿⁹，甚至是社会经济环境中的并发症，都会引起孕妇的不适感，因此，他们可能会感到无助。孕妇进行产前瑜伽可以减轻其不适感。研究人员向参与者提供了有关产前瑜伽运动的小册子，并通过电话定期对参与者进行了 30 分钟的录像，并定期进行随访。从怀孕 12-14 周开始，每周进行三次不同类型的运动，例如金字塔运动，阔腿深蹲，圆形手臂和肩膀，胸腔扩大，骨盆肌肉拉伸，背部肌肉增强，放松和冥想。这些锻炼被证明能够减少分娩过程中的不适感并增强自我独立性^[50]。

怀孕期间的不适会引起焦虑，沮丧和无助的感觉。一项使用超声波测量血流速度和子宫动脉多普勒的研究表明，进行产前瑜伽训练的妊娠晚期孕妇有显著效果 ($p < 0.001$)。这表明焦虑减轻了，这可以通过怀孕期间自主神经的更好适应来证明^[46]。怀孕期间的抑郁和焦虑是主要的健康问题。抑郁症风险的孕妇在产后一直会感到抑郁。

表 2 纳入评价的文献

序号	题目/作者/年份/国家/刊物	目的	设计	样本	结果
1	Acute Fetal Behavioral Response to Prenatal Yoga a Single, Blinded, Randomized Controlled Trial (TRY Yoga)/Babbar, S. Hill, J. Williams, K. Pinon, M. Chauhan, S. Maulik, D/2016/Q1/Kansas, USA/American Journal of Obstetrics and Gynecology	This study aims to detect the changes in maternal and fetal responses after prenatal yoga practice using a general standard test to assess maternal and fetal well-being.	RCT	Asingle,blind,And randomized controlled trial was conducted involving pregnant women who did not have complications between 28 and 36 weeks of gestation with normal single fetus, did not smoke, or have previous experience with yoga. The sample size were two groups of 46 people.	There is no significant change in acute fetal blood flow after practicing prenatal yoga for the first time in pregnancy.
2	A Randomized Controlled Trial Of Yoga For Pregnant Women With Symptoms Of Depression And Anxiety/Davis, K. Goodman, S. H. Leiferman, J. Taylor, M. Dimidjian, S/2015/Q1/Colorado, USA/Complementary Therapies In Clinical Practice	This study aims to examine the feasibility of prenatal yoga as an intervention for pregnant women with depression and anxiety symptoms.	RCT	A total of 46 pregnant women with depression and anxiety symptoms were assigned to 8-weeks prenatal yoga intervention and only treatment as usual (TAU).	Prenatal yoga i found to be a proper intervention, reducing symptoms of anxiety and depression. However, prenatal yoga was only significant in surpassing TAU in reducing negative effects.
3	Effect Of Integrated Yoga On Anxiety, Depression & Well Being In Normal Pregnancy/Satyapriya, M. Nagarathna, R. Padmalatha, V. Nagendra, H. R. /2013/Q1/Bengaluru, India/Complementary Therapies in Clinical Practice	This study aims to identify the effect of integrated yoga on pregnancy experience, anxiety, and depressions in normal pregnancy.	RCT	There were 6 normal pregnant women in 20-weeks gestation involved in this study. The yoga group (n=51) practiced yoga and the control group (n =45) did standard antenatal care (ANC) an hour every day for 20 until 36 gestation weeks	Yoga can reduce anxiety, depression, and uncomfortable experiences during pregnancy.
4	Potential For Prenatal Yoga To Serve As An Intervention To Treat Depression During Pregnancy/Battle, C. L. Uebelacker, L. A. Magee, S. R. Sutton, K. A. Miller, I. HealthW. /2015/Q1/USA/Women's Issues	This study examined the acceptability and feasibility of prenatal yoga intervention, as a strategy for treating	Cross-Sectional	This study involved 34 pregnant women with 12 until 26 weeks gestational age, single pregnancy, more than 18 years old,	This study shows that prenatal yoga is a viable approach to treat antenatal depression, and it

		depression during pregnancy.		speaking English fluently, and not experiencing any depression and/or anxiety disorder at the moment.	could be accepted as new therapy.
5	The Effects Of Mindfulness-Based Yoga During Pregnancy On Maternal Psychological And Physical Distress/Beddoe, A, E. Paul Yang, C, Po. Kennedy, H, P. Weiss, S, J. Lee, K, A./2009/Q2/SF, USA/JOGNN - Journal of Obstetric, Gynecologic, and Neonatal Nursing	This research examined the acceptability and feasibility of prenatal yoga intervention during pregnancy and to collect early databases about the usefulness of this intervention for reducing complication pregnancy damage.	Quasi Experiment	This study recruited 16 healthy nulliparous pregnant women, singleton pregnancy, with 12 and 32 weeks gestation.	Women who practiced yoga in the second trimester reported significant reduction in physical pain compared to women in the third trimester whose pain increased. However, pregnant women in their third trimester showed a greater reduction in perceived stress and anxiety.
6	Effects Of Prenatal Yoga On Women's Stress And Immune Function Across Pregnancy: A Randomized Controlled Trial/Chen, P, J. Yang, L. Chou, C, C. Li, C, C. Chang, Y, C. Liaw, J, J. Bailowitz, Z. Grams, R. Teeple, D. Hew-Butler, T/2017/Q1/Taipei/Clinical Journal of Sport Medicine.	The aim of this research is to compare the changes in stress and immunity between pregnant women that receive prenatal yoga and those only receiving regular prenatal care.	Quasi Experiment	This study recruited 94 healthy pregnant women at 16 weeks gestation through convenience sampling from a prenatal clinic in Taipei.	Prenatal yoga significantly reduced stress in pregnant women and improved their immune function.
7	Immediate Stress Reduction Effects Of Yoga During Pregnancy: One Group Pre Post Test/Kusaka, M. Matsuzaki, M. Shiraishi, M. Haruna, M/2016/Q1/Tokyo, Japan/Women and Birth.	This research aims to determine the direct effects of yoga on stress response during pregnancy.	Quasi Experiment	This study analyzed 44 and 35 women at time 1 and time 2 from gestational age between 18 and 21 weeks to birth.	The result of this research showed that there was a direct effect of prenatal yoga in reducing stress during pregnancy.
8	Effects Of A Prenatal Yoga Programme On The Discomforts Of Pregnancy And Maternal Childbirth Self-Efficacy In Taiwan/Sun, Y, C. Hung, Y, C. Chang, Y. Kuo, S, C./2010/Q1/Taiwan/Midwifery.	This study aims to evaluate yoga programs provided for primigravida in the third trimester of pregnancy with the aim of reducing the discomfort that occurs during pregnancy and increasing labor independence.	Quasi Experiment	This study included 88 individuals divided into two groups; 43 people in the control group and 45 people in the experimental group who took part in a prenatal yoga program.	Providing books and videos about yoga during pregnancy could contribute to reducing discomfort during pregnancy and increasing self-independence in the process of childbirth.
9	Effect Of Integrated Yoga On Stress And Heart Rate Variability In Pregnant Women/Satyapriya, M. Nagendra, H, Padmalatha, Journal of R. Nagarathna, R. V./2009/Q2/Bangalore, India/International Gynecology and Obstetrics.	This study aims to study the effect of integrated yoga practice and guided yoga relaxation by instructors on stress and autonomic responses in healthy pregnant women.	Case-Control	Pregnant women aged 20 to 35 years and with gestational age between 18 and 20 weeks of pregnancy were randomly selected and divided into yoga groups or control groups.	Yoga can reduce stress and improve adaptive autonomic response of healthy pregnant women.
10	The Effect Of Prenatal Hatha Yoga On Affect, Cortisol And Depressive Symptoms/Bershadsky,	The objective of this research is to examine the	Case-Control	51 pregnant women were divided into 2 groups	The results of this study indicate that

	S.Kimble, H. B.Trumpfheller, L. Pipaloff, D. Yim, S. /2014/Q1/California, USA/Complementary Therapies in Clinical Practice.	direct effect of prenatal yoga on depression and its impact towards pregnancy, fetus, and postpartum processes.		namely intervention group and control group.	prenatal Hatha yoga could improve mood and effectively reduced symptoms of depression until the postpartum period.
11	Yoga And Social Support Reduce Prenatal Depression, Anxiety And Cortisol/Field, T. Diego, M. Delgado, Medina, J. L./2013/Q1/Miami, Bodywork and USA/Journal of Movement Therapies.	The purpose of this study was to compare the effects between yoga (physical activity) and social support (verbal activity) in prenatal and postpartum depression.	Case-Control	Ninety-two depressed pregnant women at 22 weeks gestation were randomly selected and assigned for yoga and social support.	At the end of the first and last groups reported session, yoga experiencing a decrease in depression, anxiety, anger or mood, back pain and swollen feet compared to the social support group. In addition, the cortisol levels in both groups decreased after each session. Estriol and progesterone levels also decreased after the last session.
12	Yoga And Massage Therapy Reduce And M. Prenatal Depression Prematurity/Field, T. Diego, Hernandez-Reif, M. Medina, L. Delgado, J. Hernandez, A./2012/Q1/Miami, USA/Journal of Bodywork and Movement Therapies.	This study aims to compare the relative effects of prenatal yoga, massage therapy, and standard prenatal care in depressed pregnant women and prematurity.	Case-Control	Eighty-four depressed pregnant women were randomly selected and assigned to yoga, massage therapy, or antenatal care (ANC).	In this study, the yoga and massage therapy groups had greater decrease on depression, anxiety, and back and leg pain. Although the results on neonatal births between the therapy groups were not different, there was significantly greater increase in birth weight and gestational age than the control group.

研究表明^[44]，诸如产前瑜伽之类的综合性补充疗法可以作为治疗抑郁症和焦虑症或所谓的精神障碍的选择。研究的参与者报告说，与治疗初期相比，他们的焦虑和沮丧感有所减轻，国家的早产和自然流产的发生率也有所下降。怀孕时出现的压力可以根据体内的皮质醇水平来确定。研究发现，孕妇的皮质醇水平^[51]在妊娠中期增加了两到三倍。分娩时的早产和疼痛也会增加体内的皮质醇水平 因此，孕妇非常容易患精神疾病^[52]。怀孕期间练习瑜伽可以克服心理和身体不适，形成积极思想，并改善心理健康。 研究结果得出 p 值= 0.05，从而证明产前瑜伽可以减轻孕妇的心理困扰^[47]。

另一项研究表明，与对照组相比，瑜伽组的放松程度提高 32%，证明瑜伽可以减轻产前压力。

除了减轻压力外，在孕 2 期和孕 3 期进行认真的产前瑜伽还可以提高心理健康水平，是一种经济有效的可行疗法^[42]。 一项研究

哈他瑜伽好处的研究还表明,练习瑜伽的孕妇抑郁和皮质醇水平有所降低。皮质醇与垂体腺密切相关,垂体控制情绪状态(正念),因此焦虑,抑郁和压力受皮质醇水平的影响^[41]。这项研究^[40]还发现,由45名胎龄为20至36周的孕妇组成的瑜伽组皮质醇水平显著下降了31.6%,而且锻炼可使孕妇的心率稳定。

一项将产前瑜伽与其他辅助疗法(即按摩疗法)进行比较的研究发现,减轻抑郁症的效果没有差异。换句话说,两种疗法都可以减轻抑郁症,其值($p < 0.001$)证明了这一点。在这项关于瑜伽和按摩疗法的研究中,在怀孕12至32周后的20分钟开始每次锻炼^[43]。

将产前瑜伽与正念或情绪状态相关联^[53],Battle CL^[38]的研究表明情绪状态明显更高($p < 0.05$)。降低敏感性和消极思想可以调节情绪,减少抑郁感。因此,一个正在处理问题的孕妇应该保持头脑,专注于积极的想法^[29],因为它将使她从孕中期到产后都受益。

与免疫系统或免疫相关的一项研究^[49]发现,进行产前瑜伽的孕龄16至36周的孕妇唾液中的皮质醇水平降低,IgA水平升高,而对照组A仅在36孕周时升高。这些结果表明,产前瑜伽可以长期显著减轻压力并增强人体免疫力。唾液中皮质醇水平的降低可以有效地减轻压力^[48],在与胎儿反应方面,产前瑜伽的影响没有显著效果^[37]。

5. 结论

孕妇经常经历情绪波动,这可能导致焦虑,沮丧和压力。诸如产前瑜伽之类的辅助疗法可以作为预防手段,以改善孕妇的心理健康。

产前瑜伽对孕妇有很多好处,即改善神经和垂体的反应,降低皮质醇水平,改善情绪。良好的心情会导致积极的思想,减少焦虑,压力和沮丧。因此,它可以增加孕妇的独立性以及做好她们分娩直到产后的思想准备。

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