

Cover Letter

Yunita Laila Astuti*, Masita, Abdullah Antaria, Fitrah Ivana Paisal, Vina Dwi Wahyunita
Department of Midwifery, Diploma III of Midwifery Program, Jakarta I Health Polytechnic of Health
Ministry, Jakarta, Indonesia
Wijayakusuma Raya Street, No. 47-48 Pondok Labu, Cilandak, South Jakarta, DKI Jakarta, Indonesia

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Dear Editor in Chief of JMKI,

We wish to submit an original research article entitled **“EXPLORING THE IMPACT OF MODIFIED PRENATAL YOGA ON EMOTIONAL WELL-BEING IN THIRD-TRIMESTER PREGNANT WOMEN: A QUALITATIVE PHENOMENOLOGICAL STUDY”** for consideration by the Jurnal Manajemen Kesehatan Indonesia (JMKI).

We confirm that this work is original and has not been published elsewhere, nor is it currently under consideration for publication elsewhere.

We believe that this manuscript is appropriate for publication by JMKI because it focuses on health care issues relevant to one of scopes of JMKI, maternal and child health.

In this paper, we show that modified prenatal yoga positively influences third-trimester emotional well-being through multidimensional mechanisms encompassing physiological relaxation, cognitive restructuring, and relational bonding.

We have no conflicts of interest to disclose.

Please address all correspondence concerning this manuscript to me at yunita.astuti@poltekkesjakarta1.ac.id.

Thank you for your consideration of this manuscript.

Sincerely,

Authors