

ABSTRAK

Pengaruh Senam Yoga Terhadap Nyeri Dismenore Pada Remaja Putri Smp Hasyim Asyari Desa Ngawonggo Kecamatan Tajinan Kabupaten Malang

Marina Islami Putri, Reni Yuli Astutik, Shanty Natalia, Putri Eka Sejati

Universitas STRADA Indonesia

marinaputri010389@gmail.com

Saat menstruasi remaja biasanya mengalami gangguan haid desmonore. Penelitian ini bertujuan untuk Mengetahui Pengaruh Senam Yoga Terhadap Nyeri Dismenore Pada Remaja Putri Smp Hasyim Asyari Desa Ngawonggo Kecamatan Tajinan Kabupaten Malang.

Desain penelitian yang digunakan yaitu *Quasi eksperimental (the one group pretest-posttest design)*. Jumlah sampel dalam penelitian ini 34 Remaja putri yang mengalami nyeri saat haid sesuai dengan kriteria Inklusi menggunakan *purposive sampling*. Analisis data yang digunakan adalah *uji paired sample T-test*.

Hasil penelitian didapatkan hasil skala nyeri Pada kategori pretest tidak nyeri dengan presentase 0 (0%) kemudian setelah dilakukan intervensi senam yoga menjadi 3 (8,8%). Ringan 0 (0%) menjadi 20 (58,8%), pada kategori sedang 12 (35,3%) menjadi 10 (14,7%). Berat 19 (55,9%) menjadi 1 (2,9%) dan sangat berat 3 (8,8%) ,menjadi 0 (0%). Hasil uji statistik *Mann Whitney* didapatkan p value 0,000 yang berarti ada pengaruh yoga terhadap perubahan skala nyeri dismenorea Pada Remaja Putri SMP Hasyim Asyari Desa Ngawonggo Kecamatan Tajinan Kabupaten Malang..

Berdasarkan hasil penelitian dapat disimpulkan ada terhadap perubahan skala nyeri dismenorea Pada Remaja Putri SMP Hasyim Asyari Desa Ngawonggo Kecamatan Tajinan Kabupaten Malang. Sehingga Bagi bagi tenaga kesehatan dapat memberikan edukasi terkait pentingnya mengatasi nyeri haid, dapat bekerja sama dengan guru UKS untuk mengedukasi kepada remaja terkait terkait pencegahan desminore seperti program kegiatan senam yoga bagi remaja putri

Kata Kunci : Senam Yoga, Remaja, Desmonire

ABSTRACT

The Effect of Yoga on Dysmenorrhea Pain in Adolescent Girls at Hasyim Asyari Middle School, Ngawonggo Village, Tajinan District, Malang Regency

Marina Islami Putri, Reni Yuli Astutik, Shanty Natalia, Putri Eka Sejati

STRADA Indonesia Institute of Health Sciences

marinaputri010389@gmail.com

During menstruation, teenagers usually experience dysmenorrhea. This study aims to determine the effect of yoga on dysmenorrhea pain in female adolescents at Hasyim Asyari Middle School, Ngawonggo Village, Tajinan District, Malang Regency.

The research design used was Quasi-experimental (the one group pretest-posttest design). The number of samples in this study was 34 female adolescents who experienced pain during menstruation according to the inclusion criteria using purposive sampling. Data analysis used was the paired sample T-test.

The results of the study obtained the results of the pain scale in the pretest category, no pain with a percentage of 0 (0%) then after the yoga intervention was carried out it became 3 (8.8%). Light 0 (0%) became 20 (58.8%), in the moderate category 12 (35.3%) became 10 (14.7%). Heavy 19 (55.9%) became 1 (2.9%) and very heavy 3 (8.8%), became 0 (0%). The results of the Mann Whitney statistical test obtained a p value of 0.000, which means that there is an effect of yoga on changes in the pain scale of dysmenorrhea in female adolescents at Hasyim Asyari Middle School, Ngawonggo Village, Tajinan District, Malang Regency. Based on the results of the study, it can be concluded that there is a change in the pain scale of dysmenorrhea in female adolescents at Hasyim Asyari Middle School, Ngawonggo Village, Tajinan District, Malang Regency. So that health workers can provide education related to the importance of overcoming menstrual pain, can work together with UKS teachers to educate adolescents related to the prevention of dysmenorrhea such as yoga exercise programs for female adolescents

Keywords: *yoga gymnastics, teen, desmonire*