

ABSTRAK

Saraswati, Natasya, Cindy. 2021. Efektivitas Senam Yoga Terhadap Penurunan Intensitas Nyeri Haid Pada Remaja Usia 16-17 Tahun Di Sman 1 Cluring. Skripsi, Program Studi Sarjana Terapan Kebidanan Malang. Politeknik Kesehatan Kemenkes Malang. Pembimbing Utama : Surachmindari, S.ST., M.Pd., Pembimbing Pendamping : Lisa Purbawaning W.,SKM,M.Kes.

Nyeri haid atau *dysmenorrhea* merupakan keluhan ginekologis akibat ketidakseimbangan hormon progesteron dalam darah. Penanganan nyeri haid dapat dilakukan secara farmakologi dan non farmakologi. Secara farmakologi dengan diberikan obat-obatan, sedangkan secara non farmakologi nyeri haid dapat dikurangi dengan metode yoga. Tujuan dari penelitian ini adalah untuk mengetahui efektivitas senam yoga terhadap penurunan intensitas nyeri haid pada remaja usia 16-17 tahun di SMAN 1 Cluring. Desain penelitian kuantitatif dengan pendekatan *one shot case study (one group pre test and post test design)* yang merupakan penelitian quasy eksperimen dimana tidak menggunakan kelompok pembanding (*control*), jumlah populasi sebanyak 111 orang responden siswi XI MIPA, sampling menggunakan teknik *Purposive Sampling* dengan jumlah 30 orang responden yang memenuhi kriteria inklusi. Instrumen penelitian menggunakan kuisisioner yang berisi penilaian *Face Pain Scale-Revised* (FPS-R), kemudian data dianalisis dengan mengukur komparasi antara dua variabel menggunakan uji statistik Wilcoxon *Signed Rank* dan didapatkan hasil uji statistik dengan nilai Asymp Sig.(2-tailed) $0,000 < (0,05)$. Dengan demikian H_0 ditolak dan H_1 diterima. Jadi kesimpulannya senam yoga efektif menurunkan intensitas nyeri haid pada remaja putri XI MIPA 1-5 SMAN 1 Cluring. Berdasarkan hasil penelitian yang telah dilakukan hendaknya bisa dijadikan sebagai referensi dalam mengembangkan teori ilmu kebidanan dan dapat dijadikan bahan masukan dalam melakukan penelitian tentang pelayanan kebidanan khususnya mengenai efektivitas senam yoga dalam menurunkan intensitas nyeri haid, serta responden dapat berperan aktif dalam penanganan nyeri haid dengan melakukan senam yoga.

Kata kunci : Remaja, Nyeri Haid, Senam Yoga

ABSTRACT

Saraswati, Natasya, Cindy. 2021. The Effectiveness of Yoga Exercises on Reducing Menstrual Pain Intensity in Adolescents Aged 16-17 Years At Sman 1 Cluring. Thesis, Undergraduate Study Program in Applied Midwifery Malang. Health Polytechnic of the Ministry of Health of Malang. Main Advisor : Surachmindari, S.ST., M.Pd., Advisor : Lisa Purbawaning W., SKM, M.Kes.

Menstrual pain or dysmenorrhea is a gynecological complaint due to an imbalance of the hormone progesterone in the blood. Handling menstrual pain can be done pharmacologically and non-pharmacologically. Pharmacologically by giving drugs, while non-pharmacologically menstrual pain can be reduced by the yoga method. The purpose of this study was to determine the effectiveness of yoga exercise on reducing the intensity of menstrual pain in adolescents aged 16-17 years at SMAN 1 Cluring. Quantitative research design with a one shot case study approach (one group pre test and post test design) which is a quasi experimental research which does not use a comparison group (control), the total population is 111 students of XI MIPA respondents, sampling using purposive sampling technique with a total of 30 respondents who meet the inclusion criteria. The research instrument used a questionnaire containing the Face Pain Scale-Revised (FPS-R) assessment, then the data were analyzed by measuring the comparison between two variables using the Wilcoxon Signed Rank statistical test and the statistical test results obtained with the Asymp Sig value. (2-tailed) $0.000 < (0.05)$. So in conclusion, yoga exercise is effective in reducing the intensity of menstrual pain in adolescent girls XI MIPA 1-5 SMAN 1 Cluring. Based on the results of the research that has been done, it should be used as a reference in developing the theory of midwifery science and can be used as input in conducting research on midwifery services, especially regarding the effectiveness of yoga exercise in reducing the intensity of menstrual pain, and respondents can play an active role in handling menstrual pain by doing exercise yoga.

Keywords: Adolescents, Menstrual Pain, Yoga Exercise