

**Universitas Ngudi Waluyo.
Program Studi S1 Kebidanan.
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**GAMBARAN PENGETAHUAN REMAJA TENTANG YOGA DI MTS NU
UNGARAN KABUPATEN SEMARANG**

(xvi + 59 pages + 3 charts + 11 tables + 10 attachemnt)

ABSTRAK

Latar Belakang: Di saat situasi pandemic covid-19, membuat kehidupan berubah dan harus mentaati protokol kesehatan. Sekolah diliburkan sehingga mewajibkan siswa-siswi untuk melakukan pembelajaran online. Hal tersebut menimbulkan masalah dan tekanan bagi remaja sehingga mereka mengalami stres atau kecemasan. Upaya untuk mengelola stres atau kecemasan dapat dilakukan yoga. Yoga memiliki berbagai manfaat, terutama untuk mengatasi stres atau kecemasan.

Tujuan: Untuk Mengetahui Gambaran Pengetahuan Remaja Tentang Yoga di MTs NU Ungaran Kabupaten Semarang.

Metode: desain penelitian yaitu metode penelitian diskriptif dengan pendekatan *cross sectional*, pengambilan sampel menggunakan teknik *purposive sampling* dengan jumlah sampel 30 orang.

Hasil: Data hasil penelitian menunjukkan pengetahuan remaja tentang yoga dalam kategori baik sebesar 13,3 %, kategori cukup sebesar 53,3%, dan kategori kurang 33,3%.

Simpulan: Simpulan dari penelitian ini pengetahuan remaja MTs NU Ungaran tentang yoga dalam kategori cukup. Disarankan kepada remaja agar mencari tahu tentang yoga secara mandiri.

Kata kunci : Pengetahuan, Remaja, Yoga

Daftar pustaka : (2008-2020)

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**THE DESCRIPTION STUDY OF ADOLESCENTS' KNOWLEDGE ON
YOGA IN MTS NU UNGARAN**
(xvi + 59 pages + 3 charts + 11 tables + 10 attachments)

ABSTRACT

Background: The covid 19 pandemic has completely changed our lives and we must follow the health protocols. The schools currently remain closed and the students continue their education through online learning. During the online learning, it is normal for students to be stressed, or worried about the current situation. Yoga can make efforts to manage stress or anxiety. Yoga has various benefits, especially for dealing with stress or anxiety.

Objective of study: To find out an overview knowledge of yoga among young ages in MTS NU Ungaran.

Methodology of study: A descriptive method with cross sectional approach was utilized by the researcher as the method of this research. The sampling technique used for this study is purposive sampling to determine the adolescents aged 12-15 years in MTS NU Ungaran about 30 students were calculated.

Result: From the result data showed adolescents' knowledge on yoga in the good category with 13,3%, moderate category with 53.3%, and the lower category with 33,3%.

Conclusion: Stress is one of the issues at adolescents so that management and controlling are required. The students of MTS NU Ungaran were categorized in the sufficient category at managing stress by yoga. Adolescents are advised to find out information about Yoga.

Keywords : knowledge, adolescents, yoga
Literature : (2008-2010)