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Skripsi, Agustus 2026
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PERBEDAAN KETERAMPILAN SENAM YOGA SEBELUM DAN SESUDAH DIBERIKAN PELATIHAN SENAM YOGA UNTUK MENGURANGI NYERI HAID PADA REMAJA PUTRI DI SMP 06 LONG KALI

ABSTRAK

Latar Belakang: Dismenorea merupakan keluhan fisiologis yang sering dialami remaja putri dan dapat mengganggu aktivitas belajar di sekolah. Senam yoga merupakan salah satu terapi komplementer non-farmakologis yang efektif meredakan nyeri haid melalui relaksasi otot pelvis. Namun, keterampilan psikomotorik remaja dalam mempraktikkan gerakan yoga secara benar masih tergolong rendah karena kurangnya edukasi praktis. Remaja putri di SMPN 06 Longkali belum memiliki keterampilan senam yoga yang memadai dalam menangani dismenorea secara mandiri. Penelitian ini bertujuan untuk mengetahui perbedaan keterampilan senam yoga sebelum dan sesudah diberikan pelatihan senam yoga untuk mengurangi nyeri haid pada siswi di SMP 06 Longkali.
Metode: Jenis penelitian menggunakan quasy eksperimen dengan pendekatan kuantitatif dengan rancangan *One Group Pre-test Post-test.* Populasi penelitian adalah remaja putri di SMP 06 Longkali tahun ajaran 2025/2026 sebanyak 49 orang dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 49 orang. Pengumpulan data menggunakan lembar observasi. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *Wilcoxon.*
Hasil: Gambaran keterampilan senam yoga sebelum diberikan pelatihan senam yoga untuk mengurangi nyeri haid didapatkan nilai *Mean* sebesar 11,49. Gambaran keterampilan senam yoga sesudah diberikan pelatihan senam yoga untuk mengurangi nyeri haid didapatkan nilai *Mean* sebesar 21,53. Hasil uji statistik *Wilcoxon* pada variabel pengetahuan diperoleh *ρ value* (0,000) dan sikap diperoleh *ρ value* (0,000) < α (0,05) menunjukkan bahwa Ha diterima.
Simpulan: Terdapat perbedaan keterampilan senam yoga sebelum dan sesudah diberikan pelatihan senam yoga untuk mengurangi nyeri haid pada siswi di SMP 06 Longkali.

Kata Kunci: Keterampilan, Pelatihan Senam Yoga, Nyeri Haid.

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Midwifery Study Program, Faculty of Health Sciences
Final Project, August 2026
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THE DIFFERENCES IN YOGA EXERCISE SKILLS BEFORE AND AFTER RECEIVING YOGA EXERCISE TRAINING TO REDUCE MENSTRUAL PAIN AMONG FEMALE STUDENTS AT SMP 06 LONGKALI

ABSTRACT

***Background**: Dysmenorrhea is a common physiological complaint among adolescent girls and can disrupt their school activities. Yoga is a non-pharmacological complementary therapy that effectively relieves menstrual pain through pelvic muscle relaxation. However, adolescents' psychomotor skills in correctly practicing yoga movements are still relatively low due to a lack of practical education. Female students at SMPN 06 Longkali do not yet possess adequate yoga skills to independently manage dysmenorrhea. This study aimed to determine differences in yoga exercise skills before and after receiving yoga exercise training to reduce menstrual pain among female students at SMP 06 Longkali.*
***Method**: This study used a quasy experimental approach with a quantitative approach using a One Group Pre-test Post-test design. The study population consisted of 49 female students at SMP 06 Longkali during the 2025/2026 academic year, and a total sampling technique was used to include all 49 students. Data collection used observation sheets. Data analysis used univariate analysis and bivariate analysis using the Wilcoxon test.*
***Results**: The mean value of yoga exercise skills before yoga training to reduce menstrual pain was 11.49. The mean value of yoga exercise skills after yoga training to reduce menstrual pain was 21.53. The Wilcoxon statistical test results for the knowledge variable obtained a ρ value of 0.000 and an attitude variable obtained a ρ value of 0.000 < α (0.05), indicating that Ha was accepted.*
***Conclusion**: There is a difference in yoga exercise skills before and after yoga exercise training to reduce menstrual pain among female students at SMP 06 Longkali.*

***Keywords**: Skills, Yoga Exercise Training, Menstrual Pain.*