

EFEKTIVITAS YOGA POSE BALASANA TERHADAP PENURUNAN NYERI DISMENORE PRIMER PADA REMAJA PUTRI DI SMAN 2 BANTUL

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ABSTRAK

Latar Belakang: Dismenore primer merupakan nyeri haid yang umum dialami remaja putri dan dapat mengganggu aktivitas, termasuk proses belajar. Penanganan yang sering digunakan secara farmakologi padahal menimbulkan efek samping. Oleh karena itu, diperlukan alternatif penanganan non-farmakologi yang aman dan mudah. Salah satu metode potensial adalah yoga, khususnya pose balasana. Dipercaya dapat meredakan nyeri dengan meningkatkan relaksasi dan melancarkan sirkulasi darah sehingga menurunkan nyeri dismenore. Studi pendahuluan di SMAN 2 Bantul menunjukkan 66,8% siswi mengalami dismenore, namun 88% diantaranya belum mengetahui manfaat yoga pose balasana.

Tujuan: Untuk mengetahui pengaruh yoga pose balasana terhadap penurunan nyeri dismenore primer pada remaja putri di SMAN 2 Bantul.

Metode: Jenis penelitian ini adalah *quasy experiment* dengan rancangan *pretest-posttest with control group design*. Penelitian ini dilaksanakan pada bulan Mei-Juni 2025 di SMAN 2 Bantul. Populasi penelitian ini siswi kelas X dan XI yang mengalami dismenore ringan dan sedang sebanyak 131 siswi. Sampel penelitian sebanyak 128 siswi dengan pengambilan sampel teknik *purposive sampling*. Metode pengumpulan data menggunakan instrumen NRS. Dilakukan uji normalitas menggunakan Kolmogorov-Smirnov dan analisis data menggunakan uji Wilcoxon dan uji Mann-Whitney.

Hasil: Hasil penelitian menunjukkan bahwa yoga pose balasana efektif menurunkan intensitas nyeri dismenore primer pada remaja putri di kelompok eksperimen dengan signifikasi ($p = 0,000$). Relaksasi napas dalam juga efektif menurunkan intensitas nyeri dismenore primer pada remaja putri di kelompok kontrol ($p = 0,000$). Terdapat perbedaan intensitas nyeri dismenore primer yang signifikan setelah yoga pose balasana dan relaksasi napas dalam dengan signifikasi ($p = 0,000$).

Kesimpulan: Yoga pose balasana efektif menurunkan intensitas nyeri dismenore primer pada remaja putri di SMAN 2 Bantul.

Kata Kunci: Yoga, Balasana, Dismenore Primer, Non-Farmakologi

**THE EFFECTIVENESS OF BALASANA YOGA
IN REDUCING THE PRIMARY DYSMENORRHEA PAIN
IN FEMALE ADOLESCENTS AT SMAN 2 BANTUL**

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ABSTRACT

Background: Primary dysmenorrhea is a common menstrual pain complaint among female adolescent and can interfere with activities, including learning. Although pharmacological treatments are widely used, they may cause side effects. Therefore, a safe and simple non-pharmacological alternative is needed. One such method is yoga, particularly the Balasana pose, which is believed to relieve pain by promoting relaxation and improving blood circulation. A preliminary study at SMAN 2 Bantul reported that 66.8% of female students experienced dysmenorrhea, yet 88% of them were unaware of the benefits of the Balasana yoga pose.

Objective: To examine the effect of the Balasana yoga pose on reducing primary dysmenorrhea pain among female adolescent at SMAN 2 Bantul.

Methods: This study was a quasi-experimental design with a pretest-posttest control group design. It was conducted from May to June 2025 at SMAN 2 Bantul. The population consisted of 131 female students in grades X and XI who experienced mild to moderate dysmenorrhea. A total of 128 students were selected using purposive sampling. Pain intensity was measured using the Numeric Rating Scale (NRS). Data normality was tested using the Kolmogorov-Smirnov test, and statistical analyses were conducted using the Wilcoxon and Mann-Whitney tests.

Results: The results showed that the Balasana yoga pose significantly reduced the intensity of primary dysmenorrhea pain in the experimental group (p-value 0.000). Deep breathing relaxation also significantly reduced pain intensity in the control group (p-value 0.000). A statistically significant difference in pain reduction was found between the Balasana yoga pose and deep breathing relaxation interventions (p-value 0.000).

Conclusion: The Balasana yoga pose was effective in reducing the intensity of primary dysmenorrhea pain among female adolescent at SMAN 2 Bantul.

Keywords: Yoga, Balasana, Primary Dysmenorrhea, Non-Pharmacological