



The Effect of Yoga Exercises on Reducing Stress Levels in Pre-menopausal Women

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Abstract

Premenopausal syndrome causes symptom physical and psychological. Disturbance psychology in general occurs in women transition is worry. One of possible efforts done that is do yoga exercises. Know the influence of yoga exercise on decline stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency. Research design pre-experimental, with design one-group pre-posttest design. Samples required as many as 33 people with random sampling technique. Data collection using pre and post intervention questionnaires. Data analysis used the paired t test. The average stress level before yoga exercise was 17.97 with standard deviation 1.36. The minimum score is 15, meanwhile score maximum namely 21. The average stress level after yoga exercise is 10.72 with standard deviation 1.97. The minimum score is 7, meanwhile score maximum namely 15. Paired sample t-test obtained a p value of 0.000 (< 0.05), meaning There is the influence of yoga exercise on stress levels in women pre menopause. The influence of yoga exercise on stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency.

Keywords

stress; pre-menopausal women; yoga exercise

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Introduction

Pre menopause is phase that occurs in women 40 years old and the start phase climacterium (Ponde et al., 2019). this phase arise be marked with cycle menstruation become No regular, bleeding menstruation lengthwise, amount blood menstruation become a lot and there is pain moment menstruation (Muchsin & Yulvania, 2023).

Women who have knowledge not enough have 3 times risky opportunity experience worry in face premenopausal phase, compared with women who have knowledge Good (Ghaffarilaleh et al., 2019). Additionally, support family is matter important thing to do There is For Mother in face premenopausal phase (Ariani, 2023).

WHO estimates amount menopausal women in 2025 in Asia will experience enhancement from figure 107 million soul will to 373 million souls (Chaturvedi et al., 2020). The Indonesian Ministry of Health estimates Indonesia 's population in 2020 will reach figure 262.6 million soul with amount living woman in the age of menopause is around 30.3 million soul with an average age of 49 years experiencing menopause (Susanti & Indrajati, 2022).

Premenopausal syndrome causes symptom physical and psychological. Disturbance psychology in general occurs in women transition is anxiety, fear, haste anger, memory downhill, difficult concentrating, nervous, feeling No useful, easy offended, stressed, even depression (Giri & PravatiTripathy, 2020).

At the Community Health Center Toroh II himself Already running the Innovation program Lasegar, where is this program is receptacle for the elderly who are still Healthy fit and happy For do physical and mental exercise positive so that still want to work and get involved active in Society. The aim of the lasegar program Alone is for increase degrees health carry on age For reach a powerful old age To use in life family and com-

munity in accordance with its existence.

Suitable sport For Pre- menopause is one of them is yoga exercise, yoga being one form service complementary uses skills (Nendhi Wahyunia Utami & Dewi Zolekhah, 2021). Yoga regularly general is exercise very beneficial for body and mind for freshness and fitness body (Fara et al., 2019). For the elderly, yoga is provided A little different with yoga in general because of elderly yoga will customized with condition elderly (Augoulea et al., 2021). Yoga is effective non - pharmacological therapy with non- pharmacological therapy other For reduce complaints during the pre- menopausal period (Laksmi et al., 2022).

Research conducted by Hanafi & Utamayasa, (2021) can concluded that There is effect significant differences in levels worry woman pre menopause before and after given yoga exercises. Based on Another research conducted by Supratmanto & Kushartanti (2018), data analysis used the t-paired sample test and Anova test. Research result show that aerobic exercise does not effective for reducing RLPP (Ratio Circumference Waist Pelvis) and level depression in women pre menopause ($p > 0.05$). Yoga doesn't effective decreases RLPP ($p > 0.05$) but effective lower depression ($p < 0.005$).

A preliminary study conducted on November 3 2023, there were 1,654 residents aged 40-49 years in the Keja Puskesmas area Toroh II. Public health center Toroh II is one of them Community Health Center in the District area Toroh Grobogan Regency. In the Village Kengeng is a work area public health center Toroh II has 298 women aged 40-49 years. After done observation form interview obtained results that 5 mothers experiencing stress, 4 mothers experience menstruation No regular, 3 mothers experience burst invading heat face and neck, 3 mothers experience dry at night day, 5 mother experience heart pounding, and 5 mothers experience decreases libido. Women's way pre menopause for dealing with stress is with method work, gather with family, and chat with neighbor. Researcher do as-

assessment about use of yoga in women pre menopause, get it everyone interviewed Not yet Once try or using Yoga.

Phenomenon on make researcher interested For do study with title “ The Effect of Yoga Exercise on Reducing Stress Levels in women pre menopause in the Village Potatoes Anxiety Toroh Grobogan Regency ”.

Method

Study This using a research design para -experimental, with design One-group pre- post test design. Population from study This is all women aged 40-49 years as many as 298 people were there in the Village Potatoes Subdistrict Toroh Grobogan Regency. Sample used is woman aged 40-49 years who experienced menopausal symptoms in the Village Potatoes Subdistrict Toroh Grobogan Regency numbered 33 people with technique random sampling. On research This be measured use tool measure DASS-42 consisting of 42 statement items. DAS-42 consists of the 3 scales designed for measure 3 types circumstances emotional that is depression, anxiety, and stress. Test used paired sample t-test.

Result and Discussion

Stress levels in women pre menopause before doing yoga exercises in the village Potatoes Subdistrict Toroh Grobogan Regency

Table 1. Stress levels in women pre menopause before doing yoga exercises in the village Potatoes Subdistrict Toroh Grobogan Regency

Stress level	n	Mean ± SD	Min-Max
Pre	33	17.97 ± 1.36	15-21

Based on results study show that the average stress level before yoga exercise was 17.97 with standard deviation 1.36 The minimum score is 15, meanwhile score maxi-

mum namely 21.

Stress levels in women pre menopause after doing yoga exercises in the village Potatoes Subdistrict Toroh Grobogan Regency

Table 2. Stress levels in women pre menopause after doing yoga exercises in the village Potatoes Subdistrict Toroh Grobogan Regency.

Stress level	n	Mean ± SD	Min-Max
Post	33	10.73 ± 1.97	7-15

Based on results study show that the average stress level after yoga exercise is 10.72 with standard deviation 1.97. The minimum score is 7, meanwhile score maximum namely 15.

The effect of yoga exercise on stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency

Table 3. Effect of yoga exercise on stress levels in woman pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency.

Stress level	n	Mean ± SD	Min-Max
Pre	33	17.97 ± 1.36	15-21
Post	33	10.73 ± 1.97	7-15

Based on result study show that paired t test obtained p value of 0.000 (< 0.05), meaning There is the influence of yoga exercise on stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency. The influence Yoga exercises can also be provided proven from exists decline the average score from pre was 17.97 then experience decline to 10.73.

Stress levels in women pre menopause

before doing yoga exercises in the village Potatoes Subdistrict Toroh Grobogan Regency

The average stress level score before yoga exercise was 17.97 that stress level in respondents in category level light. Condition This There is possibility because respondents the can divert disorders caused by pre-menopausal syndrome with do more activities beneficial like look after House stairs and do hobby in accordance the fun. However, from results analysis also found a number of respondents who experienced moderate stress level. Medium stress level This because they not enough do fun activities, where in part big respondents in study This is Mother House ladder. Condition This for they too monotonous No There is something different so that they feel bored.

Apreviadizy & Puspitacandri (2014) in his research explain that stress triggers in mothers who do not Work usually happen Because limited and routine activities at home so that they feel bored. Apart from factors work Pre-menopausal mothers experience stress which is also triggered Because the presence of stressors. Stressors are factors in life humans who cause it happen response stress. Stressors can originate from various source, good from condition physical, psychological, or social, and also arise in situations work, at home, inside life social, and environmental outside other (Ainiyah, 2022)

Apart from that, the level of stress experienced Premenopausal mothers are also affected by levels education. Education of respondents in research This dominated by mother educated intermediate. Level of education Mother own role important in make it easier and more accessible knowledge knowledge. Mother owns knowledge not enough about menopause tend feel worried and lacking Ready about the process he is going through at menopause so Mother experiencing stress. Wulan (2020) in his research explain that knowledge Mother pre menopause with readiness Facing menopause is known that the more Good

mother 's knowledge so the more readiness is also high Mother in facing menopause and beyond low knowledge Mother so the more low readiness Mother in facing menopause

Mellynia et al, (2022) explain that decline rate Estrogen can too affects neurotransmitters in the brain form the hormones dopamine, serotonin and endorphins that influence feeling.

Decline hormones the can result symptom decline Power remember, susasana easy heart change, up to feeling easy offended. Condition the can become originator happen depression or stress.

Stress levels in women pre menopause after doing yoga exercises in the village Potatoes Subdistrict Toroh Grobogan Regency

The average score of respondents' post - yoga stress level was 10.72 experiencing stress. Condition the describe that respondents Already accept condition pre menopause. Besides that from results the explain that happen decline stress levels in premenopausal women. However from results analysis is still ongoing found respondents at a mild stress level. This matter explain that There is possibility at the moment given intervention Mother not enough so focus in do yoga movements .

In the treatment, yoga exercises are carried out for 35 minutes once a week. Aini et al. (2016) Yoga exercises to do in a way whole for 40 minutes effective in lower stress level. Do yoga exercises in a way orderly and calm capable give positive effect_to feeling happy, reduced depressed thoughts and feelings_worried.

The effect of yoga exercise on stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency

Based on results study show that paired t test obtained p value of 0.000 (< 0.05), meaning There is the influence of yoga exercise on stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency. The influence Yoga exer-

cises can also be provided proven from exists decline The average score from pre was 17.97 then experience decline to 10.73. That matter explain that Providing yoga exercises is capable lower stress levels in premenopausal mothers.

Research result This in line with study Rosyada et al. (2023) that effective yoga exercises to decline level stress in premenopausal women aged 40-49 years. These results were also supported study Permana et al. (2020) that there is relationship of yoga exercise to decline stress levels in the elderly. Study Jorge et al., (2016) show that yoga practice for 12 weeks lower menopausal symptoms, level stress, and depression. Yoga practice also improves quality live and prevent enhancement cortisol in women post menopause. By general, effect regular yoga practice significant more stand out compared to with sport. Yoga can do it too push change psychophysiological positive in women postmenopausal and contribute For increase quality life woman in a way whole. Yoga has a number of style However objective from every style is bring body in circumstances conscious and relaxed through a certain series of poses. More movement in yoga emphasis on breathing deep and slow during every pose and line permanent body. Yoga can be exercised increase hormone happy (Hormones dopamine , serotonin, oxytocin, and endorphin). Yoga in menopausal women can influence mental, emotional, intellectual and physical balance (Kumara, n.d.).

Conclusion

Conclusion on research This that is mother's stress level pre menopause pre yoga exercise was 17.97. Mother's stress level pre menopause post yoga exercise was 10.72. There is an influence of yoga exercise on stress levels in women pre menopause in the Village Potatoes Subdistrict Toroh Grobogan Regency with a p value of 0.000 (< 0.05).

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