

**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA
GOOGLE SITES TERHADAP TINGKAT PENGETAHUAN
TENTANG YOGA UNTUK DISMENOREA DI
SMA ISLAM 1 SLEMAN**

Shinta Karimah¹, Nur Rahmawati Sholihah²

Email : Shintakarimah1820@gmail.com

INTISARI

Latar Belakang: Dismenore merupakan kram yang terletak di daerah perut, umumnya setiap menstruasi hampir selalu disertai dengan rasa nyeri atau mulas. Di Indonesia angka kejadian dismenoreia sebanyak 64,25%, di Provinsi Yogyakarta, sebanyak 52% wanita usia produktif mengalami dismenore, di Kabupaten Sleman, angka kejadian dismenore yang dialami oleh wanita mencapai 88,64%. Pengobatan non-farmakologi lebih sederhana, murah, efektif dan tidak menimbulkan efek samping. Yoga dapat memperbaiki peredaran darah di area panggul. sehingga mengurangi rasa sakit di tubuh, juga merangsang pelepasan beta-endorfin yang bersifat analgesik. Hasil studi pendahuluan siswi mengatakan ketika nyeri dismenoreia datang mereka lebih memilih untuk menahan sakit dengan menekan perut selama proses pembelajaran. Dan siswi tidak mengetahui jika yoga dapat mengatasi dismenoreia.

Tujuan: Untuk mengetahui pengaruh pendidikan kesehatan dengan media *google sites* terhadap tingkat pengetahuan yoga untuk dismenoreia di SMA Islam 1 Sleman.

Metode: Dengan desain penelitian yaitu *pra-eksperimental* dan rancangan *one grup pretest-posttest design*. Jumlah populasi 48 siswi SMA Islam 1 Sleman, pengambilan sampel dengan teknik *stratified random sampling* sebanyak 33 responden.

Hasil: Pada hasil *pretest* terbanyak kategori cukup dengan jumlah 19 responden (57,9%), pada *posttest* terjadi peningkatan yaitu sebanyak 25 responden (75,8%) pengetahuan baik. Hasil uji *Wilcoxon* nilai *p-value* 0,001 atau $p < 0,05$ dimana H_a diterima dan H_0 ditolak.

Kesimpulan: Terdapat pengaruh pendidikan kesehatan dengan media *google sites* terhadap tingkat pengetahuan yoga untuk dismenoreia di SMA Islam 1 Sleman.

Saran: Diharapkan bagi puskesmas dapat membuat program kesehatan mengenai penatalaksanaan yoga untuk dismenoreia.

Kata Kunci: Dismenoreia, Yoga, *Google Sites*

¹ Mahasiswa Kebidanan Fkes Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Kebidanan Fkes Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF HEALTH EDUCATION USING GOOGLE
SITES MEDIA ON KNOWLEDGE LEVEL OF YOGA
FOR DYSMENORRHEA IN SENIOR HIGH
SCHOOL ISLAM 1 SLEMAN**

Shinta Karimah³, Nur Rahmawati Sholihah⁴
Email : Shintakarimah1820@gmail.com

ABSTRACT

Background: Dysmenorrhea is a cramp in the abdominal area, typically almost always accompanied by pain or stomach ache during menstruation. In Indonesia, the incidence of dysmenorrhea was recorded at 64.25%. In Yogyakarta Province, 52% of women of reproductive age experienced dysmenorrhea, while in Sleman Regency, the incidence of dysmenorrhea experienced by women reached 88.64%. Non-pharmacological treatments are simple, inexpensive, effective, and free from side effects. Yoga, in particular, may improve blood circulation in the pelvic area, thereby reducing pain in the body. In addition, it stimulates the release of beta-endorphins, which serves as analgesic. According to the previous study, female students reported that when experiencing dysmenorrhea pain, they preferred to endure it by pressing on their stomachs during the learning process. Furthermore, they were unaware that yoga could overcome dysmenorrhea.

Objective: This study aims to determine the effect of health education using Google Sites media on the knowledge level of yoga for dysmenorrhea at SMA Islam 1 Sleman.

Methods: A pre-experimental method with one group pretest-posttest design was employed. The population was 48 female students at SMA Islam 1 Sleman. A total of 33 respondents was chosen through a stratified random sampling technique.

Results: The pretest results revealed that most participants had sufficient knowledge, with 19 respondents (57.9%). Meanwhile, the post-test results found that there was an improvement, with 25 respondents (75.8%) demonstrating good knowledge. The Wilcoxon test obtained a p -value of 0.001 or $p < 0.05$ where H_a is accepted and H_o is rejected.

Conclusion: There is an effect of health education using Google Sites media on the level of knowledge of yoga for dysmenorrhea at SMA Islam 1 Sleman.

Suggestion: It is hoped that the Community Health Center can create a health program regarding the management of yoga for dysmenorrhoea.

Keywords: Dysmenorrhea, Yoga, Google Sites

³ Student at Midwifery Study Program, Faculty of Health Sciences, Universitas Jenderal Achmad Yani Yogyakarta

⁴ Lecturer at Midwifery Study Program, Faculty of Health Sciences, Universitas Jenderal Achmad Yani Yogyakarta