

PENGARUH SENAM YOGA TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DI SMA NEGERI 1 SUWAWA

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INTISARI

Latar Belakang: Anemia adalah masalah gizi global yang mempengaruhi baik negara berkembang maupun negara maju. Prevalensi anemia pada remaja putri di seluruh dunia berkisar antara 40-88%, dengan dampak signifikan terhadap produktivitas kerja dan kemampuan akademik. Peneliti menemukan tingginya prevalensi anemia di kalangan siswi SMA N 1 Suwawa, di mana sebagian besar mengalami anemia ringan hingga sedang, menunjukkan adanya masalah kesehatan yang perlu diperhatikan.

Tujuan: Di ketahuinya pengaruh senam yoga terhadap peningkatan kadar hemoglobin pada remaja putri di SMA Negeri 1 Suwawa.

Metode Penelitian: Desain penelitian ini adalah eksperimental semu atau *quasy eksperiment* dengan *Pretest-Posttest Control Group Design* dengan sampel penelitian sebanyak 40 orang responden remaja putri yang terdiri dari 20 sampel kelas control dan 20 sampel kelas intervensi. Pemeriksaan kadar hemoglobin menggunakan metode *Point of Care Testing (POCT)* dengan menggunakan darah kapiler. Analisis data dilakukan menggunakan analisis univariat dan bivariat dengan uji Wilcoxon.

Hasil penelitian: menunjukan bahwa kadar hemoglobin remaja putri kelompok intervensi setelah dilaksanakan senam yoga selama 3 kali dalam satu minggu menunjukkan bahwa seluruh responden intervensi mengalami peningkatan kadar hemoglobin hal ini dibuktikan dengan hasil pre intervensi 10.185gr/dl dan post intervensi 11.705 gr/dl dengan p value < α ($0.000 < 0.05$).

Kesimpulan: Disimpulkan bahwa terdapat pengaruh senam yoga terhadap peningkatan kadar hemoglobin pada remaja putri di sma negeri 1 suwawa.

Kata kunci: anemia, kadar hemoglobin, remaja putri

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THE EFFECT OF YOGA EXERCISES ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS IN PUBLIC HIGH SCHOOL 1 SUWAWA

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ABSTRACT

Background: Anemia is a global nutritional problem that affects both developing and developed countries. The prevalence of anemia among adolescent girls worldwide ranges from 40-88%, with significant impacts on work productivity and academic ability. Researchers have found a high prevalence of anemia among female students at SMA N 1 Suwawa, where most are experiencing mild to moderate anemia, indicating a health issue that needs attention.

Objective: The aim of this study is to determine the effect of yoga exercises on increasing hemoglobin levels among adolescent girls at SMA Negeri 1 Suwawa.

Research Method: This study used a quasi-experimental design with a Pretest-Posttest Control Group Design, involving 40 female adolescent respondents—20 in the control group and 20 in the intervention group. Hemoglobin levels were measured using the Point of Care Testing (POCT) method with capillary blood. Data analysis was performed using univariate and bivariate analysis with the Wilcoxon test.

Results: The study results indicated that hemoglobin levels in the intervention group increased after participating in yoga exercises three times a week. The pre-intervention hemoglobin level was 10.185 g/dl, and the post-intervention level was 11.705 g/dl, with a p-value $< \alpha$ ($0.000 < 0.05$).

Conclusion: It is concluded that yoga exercises have a positive effect on increasing hemoglobin levels among adolescent girls at SMA Negeri 1 Suwawa.

Keywords: anemia, hemoglobin level, adolescent girls

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