

ABSTRACT

EFEKTIVITAS SENAM *AEROBIC* DAN YOGA TERHADAP PENURUNAN PREMENOPAUSE DI DESA WULUH DUSUN BABADAN KABUPATEN JOMBANG

OLEH :

DINDA RAHMA SALSABILA

Premenopause is an early phase of the climacteric period (reproductive transition) experienced by women, during which the body begins to prepare for the cessation of reproductive. A decrease in estrogen levels causes various somatic, psychological, and urogenital symptoms that may interfere with daily activities. One of the non-pharmacological efforts to reduce these symptoms is aerobic exercise and yoga through improvements in physical fitness and relaxation. This study aimed to analyze the effectiveness of aerobic exercise and yoga in reducing premenopausal symptoms using the *Menopause Rating Scale (MRS)*. This study used a *pre-experimental* design with a *one-group pretest-posttest* approach. The study population consisted of 30 menopausal women in Babadan Hamlet, Jombang Regency. A sample of 25 respondents was selected using a *purposive sampling* technique. The intervention consisted of aerobic exercise and yoga conducted for four weeks, with a frequency of three times per week. Premenopausal symptoms were measured using the *Menopause Rating Scale (MRS)* before and after the intervention. Data were analyzed using the *Wilcoxon Signed-Rank Test* with a significance level of $\alpha = 0.05$. The mean *Menopause Rating Scale* score before the intervention was 16.33, which decreased to 7.50 after the intervention. The results of the *Wilcoxon Signed-Rank Test* showed a significant difference between the scores before and after the intervention ($Z = -4.583$; $p = 0.000$; $p < 0.05$). The decrease in the *Menopause Rating Scale* score indicated that aerobic exercise and yoga were effective in reducing premenopausal symptoms. Aerobic exercise helps improve physical fitness and blood circulation, while yoga provides a relaxation effect that supports the reduction of somatic, psychological, and urogenital symptoms. Therefore, aerobic exercise and yoga can be considered alternative non-pharmacological interventions to help reduce premenopausal symptoms in premenopausal women.

Keywords: aerobic exercise, premenopausal symptoms, *Menopause Rating Scale*, menopause, yoga.

ABSTRAK

EFEKTIVITAS SENAM *AEROBIC* DAN YOGA TERHADAP PENURUNAN PREMENOPAUSE DI DESA WULUH DUSUN BABADAN KABUPATEN JOMBANG

OLEH :

DINDA RAHMA SALSABILA

Premonopause merupakan fase awal dari masa klimakterium (transisi reproduksi) yang dialami wanita, di mana tubuh mulai mempersiapkan diri menuju penghentian fungsi reproduksi. Penurunan kadar estrogen menyebabkan berbagai gejala somatik, psikologis, dan urogenital yang dapat mengganggu aktivitas sehari-hari. Salah satu upaya nonfarmakologis untuk mengurangi gejala tersebut adalah senam aerobik dan yoga melalui peningkatan kebugaran tubuh serta relaksasi. Penelitian ini bertujuan menganalisis efektivitas senam aerobik dan yoga terhadap penurunan gejala premenopause menggunakan *Menopause Rating Scale (MRS)*. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Populasi penelitian berjumlah 30 wanita menopause di Dusun Babadan, Kabupaten Jombang. Sampel sebanyak 25 responden dipilih menggunakan teknik *purposive sampling*. Intervensi berupa senam aerobik dan yoga diberikan selama empat minggu dengan frekuensi tiga kali setiap minggu. Pengukuran gejala dilakukan menggunakan *Menopause Rating Scale (MRS)* sebelum dan sesudah intervensi. Analisis data menggunakan uji *Wilcoxon Signed Rank Test* dengan tingkat signifikansi $\alpha = 0,05$. Rata-rata skor *Menopause Rating Scale* sebelum intervensi sebesar 16,33 dan sesudah intervensi menjadi 7,50. Hasil uji *Wilcoxon Signed Rank Test* menunjukkan perbedaan yang bermakna antara skor sebelum dan sesudah intervensi ($Z = -4,583$; $p = 0,000$; $p < 0,05$). Penurunan skor *Menopause Rating Scale* menunjukkan bahwa senam aerobik dan yoga efektif menurunkan gejala premenopause. Senam aerobik membantu meningkatkan kebugaran dan sirkulasi darah, sedangkan yoga memberikan efek relaksasi yang mendukung penurunan keluhan somatik, psikologis, dan urogenital. Oleh karena itu, senam aerobik dan yoga dapat dijadikan sebagai alternatif intervensi nonfarmakologis dalam membantu menurunkan gejala premenopause pada wanita premenopause.

Kata kunci: gejala premenopause, premenopause, *Menopause Rating Scale*, senam aerobik, yoga.