

Pengaruh Hatha Yoga Terhadap kesehatan mental Mahasiswa STOK BINA GUNA

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Abstract: The mental health of STOK Bina Guna students who take part in the Gymnastics Student Activity Unit (UKM) tends to be poor. This is characterized by psychological pressure, anxiety, and emotional instability. Hatha yoga is a non-pharmacological intervention that can help control thoughts, control emotions, and also improve holistic health. This research aims to determine the effect of hatha yoga on the mental health of STOK Bina Guna students. Pre-experimental with a one-group pretest-posttest design was used in this research. This research has a population of 23 people who are STOK Bina Guna students who take part in the Gymnastics Student Activity Unit (UKM) with sample selection using total sampling or saturated sampling techniques. Self-report is used as a data collection method with a data collection tool in the form of an inventory, namely the Brief Mental Health Inventory (BMHI-12). This measuring instrument has a Cronbach's alpha reliability level of 0.824. STOK Bina Guna students who take part in the Gymnastics Student Activity Unit (UKM) are given hatha yoga training in 16 meetings with a duration of 2 hours at each meeting and also 2 meetings per week. Competent yoga instructors are appointed to train hatha yoga to STOK Bina Guna students who take part in the Gymnastics Student Activity Unit (UKM). The paired sample t-test was used in data analysis. This test is preceded by a data normality assumption test. The results of the difference test in this study showed a t value of -5.971 with a significance of 0.000 ($P < 0.05$). This means that hatha yoga has an effect on the mental health of STOK Bina Guna students who take part in the Gymnastics Student Activity Unit (UKM).

Keywords: Students, Hatha Yoga, Mental health

INTRODUCTION

Mental health is an important aspect in a person's life. Having good mental health is not mental health, only avoiding mental illness but also having students, a prosperous mental state. Students are at the limit of ordinal logistic regression in late adolescence and early adulthood, where this period is a period of unstable

mental condition, accompanied by conflicts and demands as well as changes in mood. Finding Zen In Chaos or the ability to manage stress is the answer to the problems and urgency of current students regarding their mental health conditions. Mental health is a state of well-being that makes individuals able to overcome life stress, realize their abilities, learn and work normally, and contribute to their environment. According to Dadan Erwandi, "Many of today's students are vulnerable to mental health and are reported to be tragic in solving their problems. Various factors can occur as triggers for problems. So, mental maturity is something that must be developed and applied by every student to deal with it." Previous research obtained the results of research and data that showed that more than 60% of students experienced at least one mental health disorder. Based on data from previous research studies, as many as 48% of students experience anxiety disorders, 55% have symptoms of depression, and 64% have poor sleep quality.

Discussions about mental health which not only emphasize negative aspects such as mental disorders but also positive aspects such as psychological well-being have previously been introduced by Veit & Ware, (1983). The researcher explains mental health as a person's well-being in life which is characterized by the creation of psychological well-being which includes the presence of emotional bonds and positive feelings, and also the freedom of a person from psychological pressures which includes being free from anxiety, not experiencing depression, and also not losing behavioral or emotional control. The World Health Organization (WHO) defines mental health as a state of well-being in which an individual is able to demonstrate his abilities, can survive stressful life situations, is able to work productively and can contribute to his community (Fusar-Poli et al., 2020).

A preliminary study was carried out by interviewing STOK Bina Guna students who took part in the student activity unit (UKM) gymnastics. On the other hand, this condition actually increases bullying behavior carried out by friends in the area where they live. This causes some STOK Bina Guna students to take part in the student activity unit (UKM) gymnastics to play with their friends and choose to be alone at home without doing activities. This condition causes most parents to feel worried and choose to enroll these children in the Samirata Studio even though the location of the studio is quite far from where the children live.

The condition of students who are victims of bullying or harassment which causes the student to withdraw from social activities is proof that the student's mental health is lacking. This is in line with the study from Shahid et al., (2022). In this research it was found that bullying behavior.

has a greater impact on the well-being and mental health of children and adolescents which can affect personal, social and psychological well-being and can lead to severe pathology in later life. When collecting initial data, researchers also found that parents chose to include STOK Bina Guna who took part in the student

activity unit (UKM) gymnastics because they wanted to use their children's free time to remain productive and not just play with cellphones. Apart from that, students also agreed to join as members of UKM Gymnastics. According to students, the absence of fun activities at home makes children often feel bored, sad, and also not enjoying their lives.

Basu-Ray et al., (2022) conducted a study with a narrative review of journals that tested yoga on immunomodulation and mental health during Covid-19. These researchers found that yoga practice with a training structure including yoga asana, pranayama, meditation and relaxation can improve mental health by reducing anxiety, depression and stress, as well as increasing awareness, self-control and self-management. Other researchers, namely Seki Öz, & Çiriş, (2022) who conducted experimental research to test the effect of hatha yoga on stress, quality of life and life satisfaction also found similar results. The researchers found that hatha yoga practice with a training structure including pranayama & warm-up, yoga asana, pranayama, meditation, and shavasana can effectively reduce stress, increase life satisfaction, and also quality of life.

Based on the description that has been presented, researchers wish to test the effect of hatha yoga on the mental health of STOK Bina Guna students who take part in the student activity unit (UKM) gymnastics. The hypothesis is that there is an influence of hatha yoga on the mental health of STOK Bina Guna students who take part in the student activity unit (UKM) gymnastics. Researchers hope that hatha yoga can help STOK Bina Guna students who take part in the student activity unit (UKM) gymnastics who are victims of bullying to be free from mental stress and can also maintain good mental health conditions.

METHOD

Pre-experiment with one-group pretest-posttest is the form of research used. This study had a population of 23 STOK Bina Guna students who took part in the student activity unit (UKM) gymnastics using total sampling in selecting the sample. The inclusion criteria for the research sample were UKM gymnastics students aged 20 to 22 years, and had never practiced hatha yoga. On the other hand, the exclusion criteria for the research sample were STOK Bina Guna students who took part in the student activity unit (UKM) gymnastics who were not permitted to take part in hatha yoga training. Self-report is used as a data collection method with a data collection tool in the form of an inventory. The Brief Mental Health Inventory (BMHI-12) used in this research was developed by Aziz, (2019) from the Mental Health Inventory (MHI-38) measuring tool created by (Veit & Ware, 1983). The Brief Mental Health Inventory (BMHI-12) developed by Aziz, (2019) has been adapted into Indonesian and tested again for the characteristics of Indonesian participants. The results of the trial of the Brief Mental Health Inventory (BMHI-12) measuring instrument obtained a reliability

level of 0.824. This measuring tool is used to measure the mental health of Sanggar Samirata members before (pretest) and after (posttest) being given hatha yoga. Sanggar Samirata members are given hatha yoga training in 16 meetings with a duration of 2 hours at each meeting and also 2 meetings per week. Therefore, this research was carried out within 2 months. Competent yoga instructors are appointed to train hatha yoga to STOK Bina Guna students who take part in the student activity unit (UKM) gymnastics. The paired sample t-test was used in data analysis. This test is preceded by a data normality assumption test to determine the distribution or distribution of the data obtained. Statistical Product and Social Science (SPSS) version 27.0 was used to assist with data analysis.

RESULTS

This research uses a data normality assumption test first before testing the hypothesis. The normality test is a test of the normality of the residual distribution. Researchers used the Shapiro-Wilk statistical technique to test the normality of the data. The distribution of normality test data can be seen in the following table.

Variable kesehatan mental	Shapiro Wilk	P>0.05	Bentuk
<i>Pretest</i>	0.948	0.265	Normal
<i>Posttest</i>	0.926	0.090	Normal

Based on the normality test of mental health variables during the pretest, the Shapiro-Wilk value was obtained at 0.948 with a significance of $p = 0.265$ ($p > 0.05$). The results of the normality test for mental health variables at the posttest obtained a Shapiro-Wilk value of 0.926 with a significance of $p = 0.090$. ($p > 0.05$). These two results show that the distribution of mental health data has a normal data distribution. The test results using the paired sample t-test obtained the following data.

	<i>Std. Deviation</i>	<i>Error Difference</i>			<i>t</i>	<i>df</i>	<i>sig. (2-tailed)</i>
		<i>Mean</i>	<i>Lower</i>	<i>Upper</i>			
<i>Pair 1 Pretest - Posttest</i>	-3.739	3.003	.626	-5.038 -2.440	-5.971	22	.000

The data in table 3 shows a significance value of 0.000 ($P < 0.05$). These results provide an explanation that the hypothesis proposed by researchers, namely that there is an influence of hatha yoga on the mental health of children who are members of Sanggar Samirata, is accepted. The results of this paired sample t test also showed the effect size of the influence of hatha yoga on children's mental health as follows.

Pair 1 Pretest - Cohen's d	3.003	-1.245	-1.785	-
.689				
Posttest Hedges' correction	3.056	-1.224	-1.755	-
.677				

The data in table 4 shows that the effect size of the influence of hatha yoga on the mental health of the children of Sanggar Samirata members in this study is -1,245. There was an increase in the average score between before being given hatha yoga and after being given hatha yoga. The increase in score is included in the very large category when compared with the effect size classification. The description of the categorization of mental health scores obtained by research participants before and after being given the intervention is as follows.

	Pretest	Posttest
Sangat Rendah	0 orang	0 orang
Rendah	0 orang	0 orang
Cukup	12 orang	1 orang
Tinggi	11 orang	19 orang
Sangat Tinggi	0 orang	3 orang

The results obtained from the research show that hatha yoga has a significant effect on the mental health of Sanggar Samirata members. The research results revealed that hatha yoga practice can help improve mental health in children who are members of Sanggar Samirata. The average mental health score of Sanggar Samirata members has increased before and after being given the intervention. At the beginning of the measurement, on average the children of Sanggar Samirata had sufficient mental health. This increased after being given hatha yoga intervention. After being given hatha yoga, on average the children of Sanggar Samirata members have high mental health. This is in line with research (Capon, O'Shea, & McIver, 2019). The researchers looked at people's lived experiences to provide an individualized perspective on how yoga functions as a holistic practice and promotes an individualized approach to healing, which is acceptable and feasible for people with common mental health conditions. Yoga can improve mental health by bringing back experiences that encourage self-introspection, teaching to always think positively, controlling emotions and

behavior better, and creating more positive social relationships. The unique combination of physical exercise, breathing techniques, relaxation, meditation, social relationships, and positive values taught in yoga is the difference between yoga practice and other alternative healing methods. The researcher added that health professionals such as psychotherapists and yoga instructors together have an important role in supporting people with common mental health conditions in a complementary way as part of the journey to improving health.

Yoga practice seeks to improve mental health by alleviating anxiety, depression, and stress, as well as increasing awareness, self-control, and self-management (Basu-Ray et al., 2022). Hatha yoga has a practice structure that includes asana, pranayama. Practicing yoga asanas will benefit the body and make the mind stable. Pranayama practice can be used to control emotions so that individuals can always control themselves. This explanation is similar to the results of the study by Khosla & Singh, (2017). The researchers explained that asana and pranayama practice led to significant improvements in psychological, social, cognitive and physical functioning in both adult men and women. The researcher added that the effects of asana and pranayama practice were clearly visible on health aspects. Saraswati, (2002) describes the benefits of practicing yoga. Researcher Research on hatha yoga to improve mental health was also proven by Seki Öz & Çiriş, (2022). These researchers found that hatha yoga practice can reduce stress levels, improve quality of life and life satisfaction.

CONCLUSION

The conclusion of this research is that there is a significant influence of hatha yoga on the mental health of STOK Bina Guna students who take part in the student activity unit (UKM) gymnastics. Long-term practice of hatha yoga can improve mental health by relieving anxiety, depression and stress. Hatha yoga practice has a large effect on mental health which is classified as very large. In research in a psychological context, large effect sizes result in overestimation. Therefore, further research is needed to obtain better results by involving a larger number of samples.

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