

PENGARUH YOGA ASANA TERHADAP TINGKAT STRES PADA PESERTA YOGA DI PASEMETONAN SEGER OGER DENPASAR

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Abstract: *Stress is a reaction or the body's response to the psychosocial stressors (mental stress or load life). Stress level can be treated by physical therapy, breathing, meditation, and relaxation such as by implementing Yoga Asana. The purpose of this study is to determine the influence of Yoga Asana to the stress level of yoga participants. The method of study used was pre experimental design by one group design, pre test - post test. The number of sample used as many as 32 people. Data collection technique used was observation sheet that is Depression Anxiety Stress Scale 42 (DASS 42). Data analysis technique used was Wilcoxon Signed Rank Test. Before the implementation of Yoga Asana, respondents who experienced light stress level as many as 2 people (6%), stress levels average as many as 13 people (41%), heavy stress levels as many as 12 people (37,5%), very heavy stress levels as many as 5 people (16%). After the implementation of Yoga Asana, however, respondents experienced a significant of changes. Respondent with normal levels of stress as many as 17 people (53%), light stress as many as 3 people (9%), average stress as many as 8 people (25%), heavy stress as many as 4 people (13%), and there is no yoga participants with very heavy level of stress (0%). There is a significant influence of the implementation of Yoga Asana to the level stress of yoga participants. This is supported by the p value < 0.05 that is $p = 0.000$, so that H_0 is rejected. From these study results, therefore, yoga coaches and society are expected to having Yoga Asana train regularly in order to prevent the occurrence of mental disorders especially stress; in addition, to experience and get the benefits of yoga asana optimally.*

Keywords: *Yoga Asana, Stress Levels*