

ABSTRAK

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HUBUNGAN VINYASA YOGA DENGAN PENINGKATAN KONSENTRASI PADA ORANG DEWASA MUDA SEHAT

RINCIAN HALAMAN

(xi + 94 halaman, 14 tabel, 12 gambar, 6 lampiran)

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk menganalisis hubungan antara praktik Vinyasa Yoga dengan peningkatan konsentrasi pada orang dewasa muda sehat melalui sebuah eksperimen.

Metode

Penelitian ini menggunakan desain eksperimental dengan dua kelompok: kelompok intervensi yang menjalani latihan Vinyasa Yoga dan kelompok kontrol tanpa intervensi. Konsentrasi diukur menggunakan Stroop Test dan Trail Making Test sebelum dan sesudah intervensi.

Hasil

Kelompok intervensi menunjukkan peningkatan signifikan dalam kecepatan pengisian tes dengan rata-rata waktu Stroop Test menurun dari 5,59 detik menjadi 4,61 detik ($p < 0,05$) dan Trail Making Test dari 34,44 detik menjadi 23,45 detik ($p < 0,05$). Sebaliknya, kelompok kontrol tidak menunjukkan perubahan signifikan ($p > 0,05$).

Kesimpulan

Praktik Vinyasa Yoga terbukti meningkatkan konsentrasi pada orang dewasa muda sehat dan menjadi metode non-farmakologis yang efektif untuk penguatan kognitif.

Daftar Pustaka: 110 (2002–2024)

Kata Kunci: Vinyasa Yoga, konsentrasi, Stroop Test, Trail Making Test, dewasa muda.

ABSTRACT

FACULTY OF MEDICINE

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THE RELATIONSHIP BETWEEN VINYASA YOGA AND CONCENTRATION IMPROVEMENT IN HEALTHY YOUNG ADULTS

PAGE DETAILS

(xi + 94 pages, 14 tables, 12 figures, 6 appendices)

ABSTRACT

Background

The growing prevalence of cognitive decline, even among young adults, emphasizes the importance of identifying non-pharmacological strategies for mental enhancement. Vinyasa Yoga, a dynamic practice combining breath and movement, is hypothesized to improve cognitive functions, including concentration.

Objective

This study aimed to investigate the relationship between Vinyasa Yoga practice and concentration improvement in healthy young adults through a controlled experimental approach.

Methods

An experimental study was conducted on 64 participants divided into two groups: the intervention group practicing Vinyasa Yoga and the control group without intervention. Cognitive performance was assessed using the Stroop Test and the Trail Making Test, administered before and after the intervention period.

Results

The intervention group exhibited a statistically significant improvement in cognitive performance, with Stroop Test times decreasing from 5.59 seconds to 4.61 seconds and Trail Making Test times decreasing from 34.44 seconds to 23.45 seconds ($p < 0.05$). Conversely, the control group showed no significant changes in performance ($p > 0.05$).

Conclusion

Vinyasa Yoga effectively enhances concentration in healthy young adults and can serve as a practical, non-pharmacological method for cognitive improvement. Further studies are recommended to explore its long-term benefits and applicability in broader populations.

References: 110 (2002–2024)

Keywords: Vinyasa Yoga, concentration, Stroop Test, Trail Making Test, young adults.