

**PENGARUH REVOLVED PIGEON POSE WITH THREAD THE
NEEDLE TERHADAP NYERI MENSTRUASI PADA
MAHASISWI S1 KEPERAWATAN UPN “VETERAN”
JAKARTA**

Agustina Dwi Pangesti

Abstrak

Dismenorea atau nyeri haid merupakan keluhan umum pada remaja putri, disebabkan oleh ketidakseimbangan hormon seperti prostaglandin dan progesteron yang memicu kontraksi rahim. *Dismenore* dapat memberikan dampak negatif yang signifikan terhadap produktivitas dan kualitas hidup perempuan. Terdapat beberapa faktor resiko nyeri menstruasi salah satunya usia *menarche* dan lama menstruasi. Penelitian ini bertujuan mengkaji pengaruh *Revolved Pigeon Pose With Thread The Needle* terhadap nyeri menstruasi pada mahasiswi S1 Keperawatan UPN “Veteran” Jakarta. Penelitian *Quasi Experiment Design* dengan metode *pre-test* dan *post-test with non-equivalent control group* ini menggunakan teknik *non-probability sampling* metode *purposive sampling*, melibatkan 66 subjek dengan keluhan nyeri menstruasi. Subjek dibagi menjadi kelompok intervensi (melakukan yoga *Revolved Pigeon Pose With Thread The Needle* hari 1-3 saat menstruasi) dan kelompok kontrol. Sebelum intervensi, tidak terdapat perbedaan signifikan pada rata-rata nyeri menstruasi antara kelompok intervensi dan kontrol (rerata p hari 1-3 = 0,214; $p > 0,05$). Namun, setelah intervensi, terdapat perbedaan yang signifikan antara kedua kelompok (rerata p hari 1-3 = 0,002; $p < 0,05$). Peneliti menyimpulkan adanya pengaruh gerakan *Revolved Pigeon Pose With Thread The Needle* terhadap nyeri menstruasi. Responden perlu lebih aktif mencari informasi mengenai cara mengurangi nyeri menstruasi, khususnya menerapkan gerakan yoga *Revolved Pigeon Pose With Thread The Needle*. Peneliti merekomendasikan penelitian lanjutan mengenai pengaruh *Revolved Pigeon Pose With Thread The Needle* dengan responden yang lebih banyak lagi untuk meningkatkan akurasi data dan juga diharapkan dapat mengkombinasi gerakan *Revolved Pigeon Pose With Thread The Needle* dengan intervensi lainnya

Kata Kunci: Mahasiswa, Nyeri Menstruasi, *Revolved Pigeon Pose With Thread The Needle*.

THE EFFECT OF REVOLVED PIGEON POSE WITH THREAD THE NEEDLE ON REDUCING MENSTRUAL PAIN IN UNDERGRADUATE NURSING STUDENTS OF UPN “VETERAN” JAKARTA

Agustina Dwi Pangesti

Abstract

Dysmenorrhea, or menstrual pain, is a prevalent complaint among adolescent girls, stemming from hormonal imbalances involving prostaglandins and progesterone, which induce uterine contractions. This condition can significantly impair women's productivity and quality of life. Established risk factors for menstrual pain include age at menarche and duration of menstruation. This study investigated the effect of the Revolved Pigeon Pose with Thread the Needle (yoga pose) on menstrual pain among undergraduate nursing students at UPN "Veteran" Jakarta. Employing a quasi-experimental, pre-test/post-test design with a non-equivalent control group, this study utilized non-probability purposive sampling, enrolling 66 participants reporting menstrual pain. Participants were assigned to either an intervention group (performing the Revolved Pigeon Pose with Thread the Needle on days 1–3 of menstruation) or a control group. Prior to the intervention, no statistically significant difference was observed in mean menstrual pain scores between the intervention and control groups (mean p-value for days 1–3 = 0.214; $p > 0.05$). However, a statistically significant difference emerged between the two groups following the intervention (mean p-value for days 1–3 = 0.002; $p < 0.05$). The researchers concluded that the Revolved Pigeon Pose with Thread the Needle has a beneficial effect on menstrual pain. Respondents should actively seek information on managing menstrual pain, particularly through the practice of this yoga pose. Further research with a larger sample size is recommended to enhance data accuracy and explore combining the Revolved Pigeon Pose with Thread the Needle with other interventions.

Keywords: College Students, Menstrual Pain, Revolved Pigeon Pose With Thread The Needle.