

**PENGARUH TERAPI YOGA MENSTRUAL DENGAN IRINGAN
MUSIK QASIDA BURDA TERHADAP NYERI HAID PADA SISWI DI
SMAN 15 JAKARTA**

Mutia Rezha Hadiani

Abstrak

Nyeri menstruasi atau nyeri haid merupakan gangguan ginekologis yang umum terjadi akibat ketidakseimbangan hormon prostaglandin, yang menyebabkan kontraksi uterus berlebih dan nyeri kram. Kondisi ini sering kali mengganggu aktivitas belajar dan konsentrasi remaja putri di sekolah. Penelitian ini bertujuan untuk menganalisis pengaruh kombinasi terapi Yoga Menstrual dengan iringan musik meditatif Islami Qasida Burda terhadap penurunan intensitas nyeri haid pada siswi di SMAN 15 Jakarta. Penelitian ini menggunakan desain *Quasi-Experiment* dengan rancangan *One Group Pretest-Posttest* tanpa kelompok kontrol. Sebanyak 31 responden dipilih menggunakan teknik *total sampling* sesuai kriteria inklusi. Intensitas nyeri diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Analisis data dilakukan menggunakan uji *Paired Sample T-Test* karena data berdistribusi normal. Hasil penelitian menunjukkan rata-rata skor nyeri *pre-test* sebesar $5,65 \pm 1,380$ (nyeri sedang) dan mengalami penurunan signifikan pada *post-test* menjadi $2,81 \pm 1,537$ (nyeri ringan). Hasil uji statistik menunjukkan nilai $p < 0,000$ ($p < 0,05$). Kesimpulannya, H_0 diterima dan terdapat pengaruh yang signifikan dari kombinasi Yoga Menstrual dan musik Qasida Burda dalam menurunkan nyeri menstruasi. Intervensi ini direkomendasikan sebagai terapi non-farmakologis mandiri untuk meningkatkan kesejahteraan siswi.

Kata Kunci: Nyeri haid, Musik Qasida Burda, Remaja, Yoga Menstrual.

**THE EFFECT OF MENSTRUAL YOGA THERAPY WITH QASIDA
BURDA MUSIC ON DYSMENORRHEA IN FEMALE STUDENTS AT
SMAN 15 JAKARTA**

Mutia Rezha Hadiani

Abstract

Menstrual pain, or dysmenorrhea, is a common gynecological disorder caused by an imbalance of prostaglandin hormones, leading to excessive uterine contractions and cramping pain. This condition often interferes with learning activities and concentration among adolescent girls at school. This study aimed to analyze the effect of a combination of menstrual yoga therapy with Islamic meditative Qasida Burda music on reducing the intensity of dysmenorrhea among female students at SMAN 15 Jakarta. This study employed a quasi-experimental design using a one-group pretest–posttest approach without a control group. A total of 31 respondents were selected using a total sampling technique based on predefined inclusion criteria. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. Data were analyzed using the Paired Sample T-Test due to normally distributed data. The results showed that the mean pretest pain score was $5,65 \pm 1,380$, indicating moderate pain, which significantly decreased to $2,81 \pm 1,537$ in the posttest, indicating mild pain. Statistical analysis demonstrated a significant difference between pretest and posttest pain scores $p < 0,000$ ($p < 0,05$). In conclusion, the alternative hypothesis was accepted, indicating that the combination of menstrual yoga therapy and Qasida Burda music had a significant effect on reducing menstrual pain. This intervention is recommended as an independent non-pharmacological therapy to improve the well-being of female students.

Keywords: *Adolescents, Dysmenorrhea, Menstrual Yoga, Qasida Burda Music.*