

ANALISIS ASUHAN KEPERAWATAN KELUARGA DENGAN PENDIDIKAN ISI PIRINGKU DAN YOGA EXERCISE DALAM PENINGKATAN HEMOGLOBIN PADA REMAJA ANEMIA

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Abstrak

Anemia adalah masalah kesehatan masyarakat global yang umum pada remaja, dan wanita usia reproduktif di Indonesia, dengan dampak signifikan pada fungsi fisiologis, kognitif, dan risiko stunting. Kondisi ini membutuhkan intervensi dini yang efektif karena berdampak jangka panjang terhadap perkembangan fisik, kognitif, dan produktivitas masa depan. Studi kasus ini bertujuan mengevaluasi efektivitas yoga exercise sebagai intervensi non-farmakologis terhadap kadar hemoglobin dua remaja dengan anemia ringan di keluarga Tn. W. Intervensi yoga dilaksanakan selama 12 sesi dalam 14 hari, mencakup teknik pernapasan, peregangan, dan gerakan dasar yang sesuai untuk remaja. Evaluasi mencakup toleransi latihan, perubahan gejala klinis, perilaku aktivitas fisik, serta perbandingan kadar hemoglobin sebelum dan sesudah intervensi. Hasil menunjukkan peningkatan Hb pada An. L dan An. B mendukung bukti bahwa yoga berperan dalam meningkatkan oksigenasi jaringan dan stimulasi eritropoiesis. Temuan ini menunjukkan bahwa yoga exercise dapat menjadi intervensi pendukung yang potensial dalam pencegahan dampak anemia yang terkait dengan risiko stunting..

Kata Kunci: Anemia, Isi Piringku, Remaja, Stunting, Yoga Exercise.

ANALYSIS OF FAMILY NURSING CARE WITH "ISI PIRINGKU" EDUCATION AND YOGA EXERCISE IN INCREASING HEMOGLOBIN IN ADOLESCENTS WITH ANEMIA

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Abstract

Anemia is a global public health problem that is common among adolescents and women of reproductive age in Indonesia, with significant impacts on physiological and cognitive functions, as well as the risk of stunting. This condition requires early and effective interventions due to its long-term impact on physical development, cognition, and future productivity. This case study evaluates the effectiveness of yoga exercise as a non-pharmacological intervention to improve hemoglobin levels in two adolescents with mild anemia in the family of Mr. W. The yoga program consisted of 12 sessions over 14 days, incorporating breathing techniques, stretching, and basic postures appropriate for adolescents. Evaluation included exercise tolerance, clinical symptom changes, physical activity behavior, and comparison of pre–post hemoglobin levels. The results showed An. L experienced an increase in hemoglobin from 10.4 g/dL to 11,1 g/dL, and An. B demonstrated an increase from 10.8 g/dL to 11,3 g/dL. Both adolescents reported higher energy levels, reduced fatigue, and improved motivation for physical activity. The increase in An. L and An. B's hemoglobin supports evidence that yoga enhances tissue oxygenation and stimulates erythropoiesis. These findings suggest that yoga exercise may serve as a supportive intervention to mitigate anemia-related stunting risks.

Keywords: Anemia, Adolescents, Isi Piringku, Stunting, Yoga Exercise.