ABSTRACT

Primary dysmenorrhea is an important issue. Preliminary studies conducted in Midwifery Study Program of Universitas Airlangga known as much as 53.2% of adolescents experiencing the pain during menstruation. There are several ways to cope with menstrual pain, pharmacological and non-pharmacological, which one can be overcome with Vinyasa yoga. Therefore it is necesssary to investigate the effect of Vinyasa yoga on reduce the pain intensity of primary dysmenorrhea.

This study is an experimental research with the pretest-posttest control group design. The population is 141 people, samples are 40 people, 21 people as control group and 19 people as intervention group, with simple random sampling technique. The control group received yoga treatment for 1 time, intervention group received Vinyasa yoga treatment for 5 times, 2 weeks before menstruation. Independent variabel is Vinyasa yoga, dependent variabel is primary dysmenorrhea. The instruments are questionnaire, checklist sheet, Numeric Rating Scale (NRS), and standart procedur of Vinyasa yoga treatment. Data analysis with Wilcoxon and Mann-Whitney test.

The results showed that all respondents in intervention group decreased the pain intensity, whereas there was no significant change in the control group respondents. Test result obtained by value $p=0.000$, noted that $p<0.05$ then $H_0$ is rejected. Thus, there was a significant effect of Vinyasa yoga on reducing the pain intensity of primary dysmenorrhea. Based on this study, Vinyasa yoga treatment can be applied in reducing the pain intensity of primary dysmenorrhea.

Keywords: Primary dysmenorrhea, Vinyasa yoga, Pain intensity