ABSTRACT

Background: According to the data of Riskesdas (Riset Kesehatan Dasar) 2018, Indonesian Citizens who do light physical activity (less than 150 minutes/week of activity) is approximately only 26.1% nationwide. For the East Java population, the percentage is 21.3%. **Objective:** To know the increase of lung function and the change of oxygen saturation, heart rate, and hemoglobin on people who do Hatha Yoga. **Methods:** This study was a pre experimental study which only used the study group without using the control group, using college-aged males as research subjects. The intervention is in the form of Hatha Yoga Exercise done by research subjects for 1.5 hour per session, twice sessions a week for 1 month. The lung function, peripheral oxygen saturation, heart rate, blood hemoglobin level were measured using Spirometry, Pulse Oximetry, and GCHb monitoring tool respectively before and after hatha yoga exercise for 1 month. **Result:** There were changes on the minimum peripheral oxygen saturation level, from 90% before the treatment to 98% after the treatment, and minimum Forced Vital Capacity (FVC) value, from 3.97 L to 4.36 $\pm$ 0.59 L **Conclusion:** Although there were no statistically significant improvement in lung function and changes in oxygen saturation, heart rate, and hemoglobin in study participants who performed Hatha Yoga exercise, there were improvements on peripheral oxygen saturation level and Forced Vital Capacity value

Keywords: Hatha Yoga Exercise, Lung, Heart Rate, Hemoglobin, Peripheral Oxygen Saturation