

PENGARUH FREKUENSI PARTISIPASI YOGA TERHADAP KUALITAS TIDUR WANITA PRALANSIA DI PASRAMAN MARKANDEYA YOGA SANGGALANGIT

Oleh

I Putu Dimasatya Wilwadana, NIM 2218011066

Jurusan Kedokteran

ABSTRAK

Kualitas tidur merupakan komponen penting dalam menjaga kesehatan fisik, psikologis, dan kesejahteraan jangka panjang. Wanita pralansia merupakan kelompok yang rentan mengalami gangguan tidur akibat perubahan fisiologis dan hormonal yang terjadi seiring proses penuaan. Gangguan tidur pada kelompok ini berkaitan dengan peningkatan risiko penyakit kardiovaskular, gangguan metabolik, serta penurunan fungsi kognitif dan kualitas hidup. Oleh karena itu, diperlukan intervensi nonfarmakologis yang aman, mudah diakses, dan berbiaya rendah untuk meningkatkan kualitas tidur. Yoga dikenal sebagai salah satu pendekatan nonfarmakologis yang berpotensi memperbaiki kualitas tidur melalui aktivasi sistem saraf parasimpatis dan penurunan stres. Penelitian ini bertujuan untuk mengetahui pengaruh frekuensi partisipasi yoga terhadap kualitas tidur wanita pralansia di Pasraman Markandeya Yoga Sanggalangit. Penelitian ini menggunakan desain analitik observasional dengan pendekatan potong lintang. Sampel penelitian berjumlah 40 responden yang dipilih menggunakan teknik total sampling. Frekuensi partisipasi yoga diukur berdasarkan jumlah keikutsertaan latihan yoga per minggu, sedangkan kualitas tidur dinilai menggunakan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Analisis data dilakukan menggunakan uji regresi linier sederhana. Hasil analisis menunjukkan adanya hubungan yang signifikan antara frekuensi partisipasi yoga dan kualitas tidur wanita pralansia. Persamaan regresi yang diperoleh adalah $Y = 4,632 - 0,745X$, yang menunjukkan bahwa peningkatan frekuensi partisipasi yoga berkorelasi dengan penurunan skor PSQI. Setiap peningkatan satu kali latihan yoga per minggu berhubungan dengan perbaikan kualitas tidur sebesar 0,745 poin. Nilai koefisien korelasi (R) sebesar 0,487 menunjukkan hubungan sedang, sedangkan nilai koefisien determinasi (R^2) sebesar 0,238 mengindikasikan bahwa frekuensi yoga menjelaskan 23,8% variasi kualitas tidur.

Kata-kata kunci: yoga, kualitas tidur, wanita pralansia

**THE EFFECT OF YOGA PARTICIPATION FREQUENCY ON SLEEP
QUALITY AMONG PRE-ELDERLY WOMEN AT PASRAMAN
MARKANDEYA YOGA SANGGALANGIT**

By

I Putu Dimasatya Wilwadana, NIM 2218011066

Medical Study Program

ABSTRACT

Sleep quality is a key component in maintaining long-term physical, psychological, and overall well-being. Pre-elderly women are a population group that is particularly vulnerable to sleep disturbances due to physiological and hormonal changes associated with aging. Sleep problems in this group are linked to an increased risk of cardiovascular disease, metabolic disorders, and a decline in cognitive function and quality of life. Therefore, safe, accessible, and low-cost non-pharmacological interventions are needed to improve sleep quality. Yoga is recognized as one such non-pharmacological approach with the potential to enhance sleep quality through activation of the parasympathetic nervous system and reduction of stress. This study aimed to determine the effect of yoga participation frequency on sleep quality among pre-elderly women at Pasraman Markandeya Yoga Sanggalangit. An analytical observational design with a cross-sectional approach was employed. The study sample consisted of 40 respondents selected using a total sampling technique. Yoga participation frequency was measured based on the number of yoga sessions attended per week, while sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) questionnaire. Data were analyzed using simple linear regression. The results demonstrated a significant relationship between yoga participation frequency and sleep quality in pre-elderly women. The regression equation obtained was $Y = 4.632 - 0.745X$, indicating that a higher frequency of yoga participation was associated with lower PSQI scores, reflecting better sleep quality. Each additional yoga session per week was associated with a 0.745-point improvement in PSQI score. The correlation coefficient ($R = 0.487$) indicated a moderate relationship, while the coefficient of determination ($R^2 = 0.238$) showed that yoga participation frequency explained 23.8% of the variance in sleep quality.

Keywords: yoga, sleep quality, pre-elderly women