

THE EFFECT OF YOGA PRACTICE ON EMOTIONAL BALANCE IN ADOLESCENTS WITH HIGH STRESS LEVELS AT BAKTI UTAMA PATI VOCATIONAL SCHOOL

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Abstract. This study aims to investigate the effect of yoga practice on emotional balance in adolescents with high stress levels. The research method used was a pre-test post-test with a randomized control group. The research sample consisted of 50 adolescents aged 15-18 years who experienced high levels of stress. The intervention group consisted of 50 adolescents who underwent an 8-week yoga practice program, while the control group consisted of 25 adolescents who did not receive the intervention. Measuring stress levels uses a valid and reliable questionnaire, while emotional balance is measured using a tested scale. Data were collected before and after the intervention, and analyzed using appropriate statistical tests. The results showed that adolescents who participated in the yoga practice program experienced a significant increase in emotional balance compared to the control group. The intervention group showed a significant reduction in stress levels and improvements in stress management, decreased anxiety, and increased positive mood. In contrast, the control group did not experience significant changes in these variables. These findings indicate that yoga practice can be an effective approach in improving emotional balance in adolescents with high stress levels. Yoga practice can help teens manage stress, reduce anxiety, and improve their emotional well-being.

Key words: [yoga practice, emotional balance, youth, high stress.]

INTRODUCTION

Teenagers often face high pressure and stress in their daily lives. High levels of stress can negatively impact their emotional well-being and disrupt the emotional balance that is essential for healthy growth and development. Therefore, it is important to find effective approaches to managing stress and improving emotional balance in adolescents. One method that has been widely used to reduce stress and improve emotional well-being is yoga. Yoga is a practice involving body movement, breathing and meditation that has been shown to be effective in reducing stress levels and increasing emotional balance in different age groups. However, research on the effect of yoga practice on adolescents with high stress levels is still limited. In this context,

By understanding the impact of yoga on adolescents, we can provide a more holistic and effective approach to helping them manage stress and improve emotional balance. Previous research in adult populations has shown that yoga can improve emotion regulation, reduce anxiety, and improve overall mood. However, adolescents have unique characteristics and ongoing psychological and physical changes, so special research is needed to understand the influence of yoga on this group. Through this research, it is hoped that scientific evidence will be found that supports the use of yoga as an effective tool in improving emotional balance in adolescents with high stress levels.

METHODS

This study will use an experimental research design with a control group. Two groups of youth will be formed, namely a group that will practice yoga regularly and a control group that will not practice yoga. The sample will be selected through a random selection process from a population of adolescents experiencing high levels of stress. Inclusion criteria included adolescents aged between 13 to 18 years and high stress levels based on relevant measurement scales. Yoga Intervention Groups that will practice yoga regularly will follow a predetermined yoga program. The program will consist of yoga practice sessions supervised by experienced instructors for a certain period. Yoga practice will include body movement, breathing, meditation, and relaxation. Measurement of Emotional Balance using a valid and reliable emotional balance measurement scale will be used to measure the level of emotional balance at

the start of the study and after the yoga intervention period. The scale can include emotional dimensions such as anxiety, depression and positive mood.

Stress level measurement using a valid and reliable stress level measurement scale will be used to measure stress levels at the start of the study and after the yoga intervention period. The scale may include dimensions of physical and psychological stress relevant to the adolescent population. Analysis The data used from the collected data will be analyzed using appropriate statistical methods, such as the independent t test or the Mann-Whitney test to compare the differences between the group practicing yoga and the control group. An analysis will also be carried out to see the relationship between stress levels and emotional balance in adolescents who practice yoga. This research will pay attention to research ethics, including the consent of the participants and maintain the confidentiality of the data collected.

RESULTS AND DISCUSSION

Table 1. Respondents before receiving yoga practice treatment

| Stress Levels | Treatment Group | | Control Group | |
|---------------|-----------------|------------|---------------|------------|
| | Student | Percentage | Student | Percentage |
| Tall | 13 | 26% | 5 | 20% |
| Currently | 19 | 38% | 11 | 44% |
| Normal | 18 | 36% | 9 | 36% |
| Total | 50 | 100% | 25 | 100% |

Source: processed data, 2023

Table one is a table that provides respondent information in this study before receiving treatment. There were 50 students who were included in the group before receiving the yoga exercise treatment and 25 students as the control group. From the table there is information that there are 13 students (26%) who experience high stress, 19 students (38%) moderate stress and 18 students (36%) normal stress. The group of students who entered the control group consisted of 5 students (20%) with high stress, 11 students with moderate stress (44%) and 9 students (36%) with normal stress.

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Table 2. Respondents after receiving yoga practice treatment

| Stress Levels | Treatment Group | | Control Group | |
|---------------|-----------------|------------|---------------|------------|
| | Student | Percentage | Student | Percentage |
| Tall | 1 | 2% | 2 | 8% |
| Currently | 3 | 6% | 1 | 4% |
| Normal | 46 | 92% | 22 | 88% |
| Total | 50 | 100% | 25 | 100% |

Source: processed data, 2023

Table two is a table that provides respondent information in this study after receiving treatment. The table shows that there are significant changes in changes in student stress levels. The group that received the initial treatment consisted of 13 students who experienced a high level of stress to 1 student, down from 26% to 2%. The moderate stress group fell from 19 students to 3 students or 38% to 6%. Stress with normal levels increased from 18 students to 46 students or from 36% to 92%. The control group with high stress decreased from 5 students to 2 students or 20% to 8%. The moderate stress group decreased from 11 students to 1 student, or 44% to 4%. The normal stress level group increased from 9 students to 22 students, or from 36% it increased to 88%. It can be concluded from tables one and two descriptively that there is a significant change in the respondents' stress levels.

Table 3. T test

| Variable | Group | N | Means | SD | t | <i>p-values</i> |
|---------------|-----------|----|-------|-------|-------|-----------------|
| Stress Levels | Control | 25 | 19.83 | 2,379 | 0.899 | 0.373 |
| | Treatment | 50 | 19.30 | 2,215 | | |

Source: processed data, 2023

Based on the data listed in Table 3, it can be seen that before carrying out the yoga exercise session, the average stress level in the treatment group was 19.30, while in the control group it was 19.83. After the independent t test was carried out, the results obtained were t calculated at 0.899 with a p-value of 0.373, which means that it is greater than the significance level a (0.05). From these results, it can be concluded that there is no significant difference in stress levels between the treatment group and the control group before being given a yoga session at SMK Bakti Utama Pati.

Table 4. Significance Test

| Variable | Treatment | N | Means | SD | t | <i>p-values</i> |
|---------------|-----------|----|-------|-------|--------|-----------------|
| Stress Levels | Before | 50 | 19.30 | 2,215 | 17,566 | 0,0001 |
| | After | 50 | 13.73 | 2,083 | | |

Source: processed data, 2023

From Table 4, it can be concluded that before undergoing a yoga session, the average stress level in the treatment group was 19.30. After being given a yoga session, the average stress level decreased to 13.73. Through the t test dependent, it was found that the t count was 17.566 with a p-value of 0.0001, which is smaller than the significance level a (0.05). These results indicate that there is a significant difference in stress levels before and after being given yoga exercises at SMK Bakti Utama Pati Vocational School.

Table 5. Wilcoxon test

| Variable | Treatment | N | Median | <i>p-values</i> |
|---------------|-----------|----|---------------|-----------------|
| Stress Levels | Before | 25 | 20,00 (15-25) | 0,083 |
| | After | 25 | 20,00 (15-23) | |

Source: processed data, 2023

Based on Table 5, it was found that the mean stress level before being given a yoga session in the control group was 20.00, with a minimum score of 15 and a maximum of 25. Meanwhile, the mean stress level after being given a yoga session in the control group was also 20.00, with a minimum value of 15 and a maximum of 23. Based on the Wilcoxon test, results were obtained with a p-value of 0.083, which is greater than the significance level a (0.05). These results indicate that there is no significant difference in stress levels before and after being given a yoga session at SMK Bakti Utama Pati Vocational School.

Table 6. Mann Whitney test

| Variable | Treatment | N | Median | <i>p-values</i> |
|---------------|-----------|----|---------------|-----------------|
| Stress Levels | Treatment | 50 | 14.00 (9-18) | 0.0001 |
| | Control | 25 | 20.00 (15-23) | |

Source: processed data, 2023

Based on the results of the Mann Whitney U-Test in Table 6, it was found that the mean stress level after being given a yoga session in the treatment group was 14.00, with a minimum score of 9 and a maximum of 18. Meanwhile in the control group, the mean stress level after being given a yoga session is 20.00, with a minimum value of 15 and a maximum of 23. The results of the Mann Whitney test show that the p-value is 0.0001, which is smaller than the significance level of a (0.05). This shows that there is a significant difference in stress levels after being given treatment between the treatment group and

the control group. It also shows that yoga exercises have a significant effect on the stress level of adolescents Bakti Utama Pati Vocational School. Based on the data obtained from the respondents, they experience varying levels of stress. This research is in line with previous research which stated that teenagers often feel pressured, bored, and tired because of the piling up of tasks.

The sources of stress experienced by adolescents mainly come from school, such as academic pressure and the desire to achieve success in certain fields. In addition, the results of the Wilcoxon test in Table 5 show that there was no significant difference in stress levels before and after being given a yoga session in the control group who experienced stress. The stress level in the control group tends to remain the same after practicing yoga. In this study, the stress level in the treatment group changed from moderate and mild to mild and normal after being given a yoga session. This shows the benefits of yoga in reducing stress and increasing the concentration of learning in adolescents. Thus, it can be concluded that yoga exercise has a significant influence on the stress level of adolescents in Bakti Utama Pati Vocational School.

CONCLUSION

Based on the results of the research conducted, it can be concluded that there is a significant influence between yoga exercises and stress levels in students in Bakti Utama Pati Vocational School, with a p-value of 0.0001 which is smaller than the significance level (0.05). Prior to the yoga session, most of the adolescents in the experimental group experienced high and moderate levels of stress. However, after being given a yoga session, there was a significant change in which the stress level became normal. Based on these results, it is recommended that adolescents and schools implement and apply yoga exercises 3 times a week. This aims to help reduce student stress levels in Bakti Utama Pati Vocational School.

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