

**PENGARUH LATIHAN ASANA YOGA TERHADAP
PENURUNAN *STRESS* AKADEMIK DAN *ANXIETY* PADA MAHASISWA**

SKRIPSI

Diajukan untuk memenuhi sebagai syarat untuk memperoleh gelar Sarjana
Olahraga Program Studi Ilmu Keolahragaan



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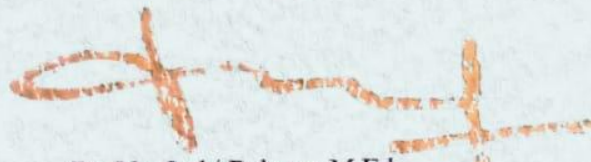
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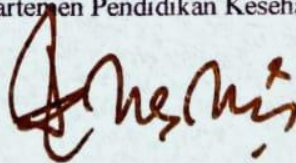
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ABSTRAK**PENGARUH LATIHAN ASANA YOGA TERHADAP PENURUNAN *STRESS*
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Tujuan penelitian ini yaitu untuk menguji pengaruh latihan Asana Yoga terhadap penurunan stress akademik dan anxiety pada mahasiswa. Penelitian ini menggunakan desain One Group Pretest-Posttest Design. Sampel penelitian ini adalah mahasiswi aktif ilmu keolahragaan angkatan 2017-2018 dengan jumlah sampel 28 orang. Teknik dalam pengambilan sampel yang digunakan adalah Purposive Sampling dengan sampel perempuan usia 18-24 tahun. Instrumen yang digunakan yaitu menggunakan angket College Undergraduate Stress Scales (CUSS). Berdasarkan hasil pengolahan data dan analisis data uji Paired Sample t-Test menghasilkan data ($0.009 < 0.05$) pada stress akademik dan ($0.043 < 0.05$) pada anxiety. Kesimpulan dari penelitian ini menyatakan bahwa ada pengaruh yang signifikan dari latihan asana yoga dalam mengurangi stress akademik dan anxiety. Rekomendasi untuk penelitian lebih lanjut dapat menambahkan kedua variabel dengan jenis latihan yang berbeda, menambahkan perbandingan antara dua kelompok perlakuan yang berbeda.

Kata kunci : Asana yoga, Stress Akademik, Anxiety

ABSTRACT**THE EFFECT OF ASANA YOGA EXERCISE TOWARD THE DECREASES OF
ACADEMICAL STRESSES AND ANXIETY LEVEL ON THE COLLEGE
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The purpose of this research was to test the effect of Asana Yoga on reducing students stress and anxiety. The research using a One-Group Pretest-Posttest Design. Sampel of this research are students Universitas Pendidikan Indonesia as 28 people. Technique used was sampling with a sample of women aged 18-24 years. The instrument used was the College Stress Scale (CUSS) questionnaire. According to the result of Paired Sample T-Test on academic stress ($0.009 < 0.05$) and ($0.043 < 0.05$) on anxiety. The conclusion of this research state it shows that there is a significant effect of asana yoga practice on reducing academic stress and anxiety. Recommendations for further research can add both variables with different types of exercise, adding comparisons between two different treatment groups.

Keywords: Asana yoga, Academic Stress, Anxiety

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