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The Effect of Yoga, Self-Compassion, and Gender on improving Mental Health in STOK Bina Guna students

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Abstract

Mental health is an important issue in Indonesia, but still faces various challenges. The 2022 Indonesian National Youth Mental Health Survey (I-NAMHS) revealed that: 34% of Indonesian adolescents experience mental health problems. Initial data through observations of 80 students at the Bina Guna Sports and Health College, Department of Physical Education and Recreation Health regarding the description of student mental health, 64 felt easily worried, 66 fearful, 78 shy, 68 distrustful, 42 unfocused and 53 emotional. The focus of this study is to analyze the effect of yoga exercises (Kapha and Hatha), self-compassion (high and low) and gender (female and male). This study used an experimental method with a 2x2x2 factorial design. The population and sample in the study were 40 PJKR students from the 2021 class of the Bina Guna Sports and Health College, consisting of 20 females and 20 males. The measurement of students' mental health used the GHQ-12 mental health questionnaire, which consisted of 24 questions. The results of the two-way repeated measure analysis showed that there was an influence of yoga exercises (Kapha and Hatha) on mental health, there was an influence of self-composition (High and Low) on mental health, there was an influence of gender (female and male) on mental health. The conclusion of this study is that there is an influence of yoga exercises, self-composition, and gender on mental health in STOK Bina Guna Medan students.

Keywords: Yoga, Self Compassion, Gender, Mental Health, Students

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