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<b>YOGA TO REDUCE PREMENOPAUSE ANXIETY</b>	
<b>ESSENCE</b>	
<p>Humans experience growth and development at various levels of their ages. The percentage of menopausal women in 2020 is estimated to increase to 30.3 million or around 11.5% of the total population of Indonesia. Premenopause is the time before the cessation of menstruation with decreased estrogen levels, increased luteal insufficiency, gonadotropins and autonomic symptoms. In this phase, there are changes in body functions that occur in women before menopause. This process can take the form of physical or psychological changes. One of the psychological changes that premenopausal women experience is irritability, mood swings, forgetfulness, difficulty concentrating and anxiety. If anxiety is not handled, it will result in decreased physical and functional activity and physical disorders or chronic diseases. Anxiety can be reduced with non-pharmacological therapy, one of which is exercise. One of the suitable sports for pre-menopause is yoga, which focuses all of the mind on controlling the five senses and the body as a whole as well as controlling, regulating, and concentrating. As an effort to reduce the level of anxiety in premenopause, communication, information and education media are needed which can affect a person's knowledge, the IEC media chosen is video. The purpose of the video itself is to increase the knowledge and insight of the community, especially premenopausal women, alternative therapy to reduce premenopausal anxiety with yoga exercises.</p>	
<b>Keywords :</b> <i>premenopause , anxiety, yoga, video.</i>	