

INTISARI

PENGARUH SENAM OTAK TERHADAP TINGKAT DEPRESI PADA LANJUT USIA DI KAMPUNG KRATON ULO JAJAR LAWEYAN SURAKARTA

Katharina Khintan Tjeunfin¹, Anik Suwarni², Lilis Murtutik³

Latar Belakang: Lanjut usia banyak yang mengalami depresi karena proses penuaan. Dampak depresi pada lansia menyebabkan kualitas hidup yang buruk dan meningkatkan fenomena bunuh diri. Salah satu terapi untuk mengurangi depresi adalah senam otak. Senam otak dapat mengaktifkan neocortex dan saraf parasimpatis untuk mengurangi peningkatan hormon adrenalin dalam tubuh yang dapat meredakan ketegangan psikis maupun fisik, sehingga jiwa dan tubuh menjadi relaks, seimbang serta depresi dapat berkurang.

Tujuan: Menganalisis pengaruh senam otak terhadap tingkat depresi pada lanjut usia.

Metode: Jenis penelitian menggunakan *quasy-eksperimental* dengan pendekatan *one group pretest – post test*. Populasinya semua lansia di Kampung Kraton Ulo yang berjumlah 32 orang, sampel diambil dengan rumus Slovin sebesar 25 orang, teknik pengambilan sampel *purposive sampling*. Sampel Teknik analisis data menggunakan *Paired Sample T-Test*.

Hasil Penelitian: 1) Depresi sebelum diberikan intervensi senam otak pada lansia diperoleh rerata sebesar 11,48, 2) Depresi sesudah diberikan intervensi senam otak pada lansia diperoleh rerata sebesar 10,36, depresi turun sebesar 1,12, dan 3) Ada pengaruh yang signifikan pada senam otak terhadap tingkat depresi pada lansia di Kampung Kraton Ulo Jajar Laweyan Surakarta, dengan nilai t_{hitung} 10,647, dan nilai signifikansinya 0,001 ($< 0,05$).

Simpulan: Ada pengaruh senam otak terhadap tingkat depresi pada lansia

Kata kunci: Senam otak, Depresi, Lansia

¹ Mahasiswa Program Studi Keperawatan Universitas Sahid Surakarta

² Dosen Keperawatan Univeritas Sahid Surakarta

³ Dosen Keperawatan Univeritas Sahid Surakarta

ABSTRACT

THE EFFECT OF BRAIN GYM ON THE LEVEL OF DEPRESSION IN ELDERLY PEOPLE IN KRATON ULO VILLAGE JAJAR LAWEYAN SURAKARTA

Katharina Khintan Tjeunfin¹, Anik Suwarni², Lilis Murtutik³

Background: Many elderly people experience depression due to the aging process. The impact of depression on the elderly causes a poor quality of life and increases the phenomenon of suicide. One therapy reducing depression is a brain gym. Brain gym can activate the neocortex and parasympathetic nerves to reduce the increasing adrenaline hormone in the body. Besides, it can relieve psychological and physical tension so that the mind and body relax, balance, and reduce depression.

Objectives: To analyze the effect of the brain gym on the level of depression in the elderly.

Method: This research used a quasi-experimental with a one-group pretest-posttest approach. The population was all of the elderly in Kraton Ulo Village. There were 32 people, and 25 people were taken as samples using the Slovin formula. Meanwhile, the sampling technique was purposive sampling. The data analysis technique used the Paired Sample T-Test.

Results: 1) The depression before being given brain gym intervention in the elderly showed an average of 11.48, 2) The Depression after being given brain gym intervention in the elderly indicated an average of 10.36. therefore, the depression decreased by 1.12, and 3). There is a significant effect on the brain gym on the level of depression in the elderly in Kraton Ulo Village Jajar Laweyan Surakarta, with a t_{count} of 10.647 and a significance value of 0.001 (<0.05).

Conclusion: There is an effect of the brain gym on the level of depression in the elderly.

Keywords: Brain Gym, Depression, Elderly

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1. Students of Nursing department of Sahid Surakarta University
 2. Lecturer of Nursing department of Sahid Surakarta University
 3. Lecturer of Nursing department of Sahid Surakarta University

