

ABSTRACT

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Effects of Elderly Gymnastics Against Stress Level Changes of Elderly in Werdha Dharma Bhakti Nursing Home Km 7 Palembang

UNDERGRADUATE THESIS

Strata I Nursing Study Program Health Science Faculty Musi Charitas Catholic University 2015

Keywords: Elderly, Stress, Elderly Gymnastics

(xvi + 63 pages + 4 tables + 2 schemas + 8 appendices)

One of the elderly people's psychological problems is stress. Stress can merely give hard pressures to them. As a result, if they cannot tolerate to the pressures, it can derive them to several of diseases. One of the stress managements that people, especially the elderly, can do is by doing exercise regularly. One exercise the elderly can do routinely is elderly gymnastics. Meanwhile, this research aims at finding out the effects of the elderly gymnastics against stress level changes of the elderly in Werdha Dharma Bakti Nursing Home KM7 Palembang in 2015. This research belongs to pre-experimental design, with one group pre- and post-test design. Whereas, purposive sampling method is used for sampling technique; there were 24 respondents. The results of research showed that the stress level average of the elderly after the implementation of the gymnastics decreased to level 14.42 from the previous level 16.92. It clearly indicated that there was a difference on the stress level average between before and after the intervention, with P Value 0.000. It means that the implementation of the gymnastic gave significantly influence to the elderly people's stress level. After all, it was suggested that Werdha Dharma Bakti Nursing Home KM7 had better require the elderly join the elderly gymnastics in order to keeping healthy and preventing from any risks of stress.

References: 20 (2008-2015)