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Fista Magdalin Umbu Pati

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**“THE EFFECT OF AEROBIC EXERCISE LOW IMPACT (POCO-POCO)
ON THE ABILITY OF PATIENTS TO CONTROL THE SIGNS AND
SYMPTOMS OF THE RISK OF VIOLENT BEHAVIOR IN
PSYCHIATRIC HOSPITAL DR. SUHARTO HEERDJAN JAKARTA
WEST IN 2018”**

7 Chapter + 120 Pages + 14 Tables + 4 Schema + 22 Attachment

ABSTARCT

Mental health is a condition of subjective well-being, a self-assessment of feelings including aspects of self-concept, fitness and the ability to control oneself. Mental disorders are disorders in the way of thinking (cognitive), volition, emotion (affective), action (psychomotor) and is a collection of abnormal conditions, both related to physical, and mental. Low impact aerobic gymnastics (Poco-Poco) is a gymnastics with a light movement characterized by the position of one foot is always located and tread on the floor at any time. Violent behavior is a response to the stressor faced by someone, which is indicated by the actual behavior of violence. The purpose of this study was to determine the effect of low impact aerobic exercise (Poco-Poco) on the ability of patients to control the signs and symptoms of risk of violent behavior in Dr. RSJ Soeharto Heerdjan West Jakarta. The number of samples in this study amounted to 43, the design of this study using the Pre Experimental method with the design of one group pre-post test. The statistical test used was the Wilcoxon signed rank test. Based on the results of the study showed that the results of the calculation of the Wilcoxon signed rank test hypothesis at a significant level of 95% ($\alpha = 0.05$) obtained a value of $p < \alpha 0.00 < 0.05$ which indicates that there is an effect of low impact aerobic exercise (Poco-Poco) to the patient's ability to control the signs and symptoms of the risk of violent behavior in Dr. Soeharto Heerdjan West Jakarta in 2018.

Keywords : Aerobic exercise Low Impact (Poco-Poco), the Ability of the Patient
to Control the Signs And Symptoms of the Risk of Violent Behavior.

Literature : 31 (2009-2017)