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**MOCHAMAD FAJAR SAKTI
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**THE INFLUENCE OF GYM BRAIN ON THE LOWERING OF STRESS
LEVELS IN ELDERLY IN THE SOCIAL TRESNA WERDHA BUDI
MULIA 2 WEST JAKARTA.**

6 CHAPTER + 52 Pages + 8 Table + 3 Schemes + 9 Appendices

ABSTRACT

The increase in the elderly population shows that the Life Expectancy (UHH) of the elderly is also increasing. The increasing number of elderly people in Indonesia raises complex problems both from physical and psychosocial problems. Stress is a mental health problem that is often faced by the elderly. World Health Organization (WHO) stress prevalence rates in the elderly generally vary between 10% and 20%. This study aims to identify whether there is an effect of the brain gym on reducing the stress level of the elderly in Tresna Werdha Budi Mulia 2 Social Home, West Jakarta. The method used is Quasi Experimental Pre-Post Test With Control Group. Respondents were selected using the Purposive Sampling technique. The results of this study indicate the effect of Brain Gym on the reduction in stress levels in the elderly. Where the Wilcoxon Signed Rank Test results in the intervention group were obtained Asymp. Sig 0.00 (<0.05) which means that there is a significant effect between brain gym (brain gym) on reducing stress levels and the control group Asymp results are obtained. Sig 0.96 (> 0.05) which means there is no effect on the control group that is not given a brain gym. The conclusion is that there is a significant influence between brain gym and stress given at Tresna Werdha Budi Mulia 2 Social Home, West Jakarta. Suggestions for further research to conduct research on stress related to other influencing factors.

Keywords: Brain Gym, Stress level.