

PENGARUH SENAM OTAK (*BRAIN GYM*) TERHADAP PENGELOLAAN STRES ANAK KELAS 5 SEKOLAH DASAR AL-IRSYAD 2 PURWOKERTO

Dewi Widiningsih, Muhammad Mukhson, Dyah Woro Dwi Lestari
Fakultas Kedokteran Universitas Jenderal Soedirman
Purwokerto, Indonesia
Email : widiningsih.dewi@yahoo.com

ABSTRAK

Latar Belakang: Stres merupakan suatu keadaan tegang secara biopsikososial karena banyaknya tugas perkembangan yang dihadapi dalam kehidupan sehari-hari. Stres adalah kondisi normal yang dapat terjadi setiap hari, tetapi jika berlangsung secara terus menerus, stres bisa mempengaruhi stabilitas emosi dan mengganggu perkembangan anak. Ada beberapa metode untuk mengatasi stres, salah satunya adalah teknik relaksasi. Senam otak adalah gerakan tubuh sederhana yang mampu merelaksasikan otak sehingga bisa menyesuaikan diri terhadap tuntutan sehari-hari.

Tujuan: Mengetahui pengaruh senam otak (*brain gym*) terhadap pengelolaan stres pada anak kelas 5 di SD Al-Irsyad 2 Purwokerto.

Metode: Jenis penelitian ini adalah *quasi-eksperimental* dengan *pre and post test design without control*. Sejumlah 41 anak kelas 5 SD Al-Irsyad 2 Purwokerto yang berusia 10-11 tahun dipilih sebagai responden secara *consecutive sampling*. Responden melakukan senam otak selama 15 menit, 4 kali seminggu dalam 3 minggu di SD Al-Irsyad 2 Purwokerto dari 17 November sampai 4 Desember 2015, kemudian diukur skor stresnya menggunakan *School Aged Children Stress Syndrome Checklist* sebelum dan setelah melakukan senam otak. Analisis statistik yang digunakan adalah uji t berpasangan.

Hasil: Terdapat 41 orang responden menunjukkan penurunan nilai rata-rata skor stres anak setelah melakukan senam otak sebesar 1,05 poin. Hasil analisis menunjukkan penurunan skor stres secara signifikan yaitu $p=0,003$.

Kesimpulan: Terdapat pengaruh senam otak (*brain gym*) terhadap pengelolaan stres anak kelas 5 Sekolah Dasar Al Irsyad 2 Purwokerto.

Kata kunci : Senam Otak, Stres, Anak Sekolah, *School Aged Children Stress Syndrome Checklist*

THE EFFECT OF BRAIN GYM ON STRESS MANAGEMENT OF 5th GRADER STUDENTS AT SD AL-IRSYAD 2 PURWOKERTO

Widiningsih Dewi, Mukhson Muhammad, Lestari Dyah Woro Dwi
Faculty of Medicine, University Jenderal Soedirman
Purwokerto, Indonesia
Email: widiningsih.dewi@yahoo.com

ABSTRACT

Background: Stress is a state of tension in the biopsychosocial because of many developmental tasks encountered in daily life. Stress is a normal condition, but if it continues over time, stress could affect the stability of emotional and interfere the child development. There are several methods for stress management, one of them is a relaxation technique. Brain gym is simple body movements that can relax the brain so it can adapt to the daily life demands.

Objective: To determine the effect of brain gym on stress management of 5th grader students at SD Al-Irsyad 2 Purwokerto.

Methods: This study was quasi-experimental with pre and post test design without control. There were 41 students who at 5th grades of SD Al-Irsyad 2 Purwokerto within 10-11 years old were obtained as subjects by consecutive sampling. Subjects were practicing 15 minutes brain gym, 4 times aweek with the duration of 3 weeks starting 17th November until 4th December 2015. Then, stress scores of subjects were measured using the School Aged Children Stress Syndrome Checklist before and after brain gym was conducted. The statistical analysis performed by paired t test.

Results: There were 41 subjects showed decreasing average stress scores after doing brain gym with 1.05 point, and significancy decreasing stress score was $p=0.003$.

Conclusion: There was an effect of brain gym on stress management of 5th grader students at SD Al-Irsyad 2 Purwokerto.

Keywords: Brain Gym, Stress, Students, School Aged Children Stress Syndrome Checklist