

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER

PROGRAM STUDI S1 KEPERAWATAN

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Efektifitas Terapi Okupasi (Senam Ergonomik) Terhadap Adaptasi Stres Pada Lansia Di UPT PSTW Jember

xvii + 123 hal + 1 bagan + 12 tabel + 18 lampiran

Abstrak

Semakin meningkatnya umur lansia maka persoalan yang di alaminya juga semakin banyak sehingga menyebabkan stres baik lansia yang tinggal dengan keluarga maupun lansia yang tinggal di dalam panti lansia. Hal ini disebabkan karena semakin meningkatnya umur mengakibatkan perubahan-perubahan anatomi, seperti menyusutnya otak dan perubahan biokimiawi serta saraf pusat. Tujuan penelitian untuk menganalisis efektifitas penerapan terapi okupasi (senam ergonomik) terhadap adaptasi stres pada lansia di UPT PSTW Jember. Desain penelitian menggunakan pra eksperimental (*one group pre and posttest design*) dan pemilihan sampel menggunakan *purposive sampling* dengan berjumlah 33 responden. Pengumpulan data menggunakan kuisioner *Mini Mental State Exam* (MMSE). Hasil analisa data menunjukkan bahwa responden dengan nilai rata-rata sebelum diberikan penerapan terapi okupasi (senam ergonomik) 18,61 dan setelah diberikan penerapan terapi okupasi (senam ergonomik) 20,21. Hasil uji statistik menggunakan *paired t-test* dengan  $\alpha = 0,05$  didapatkan nilai p value 0,000 sehingga dapat disimpulkan penerapan terapi okupasi (senam ergonomik) terhadap adaptasi stres pada lansia di UPT PSTW Jember efektif. Disarankan bagi petugas kesehatan guna menerapkan terapi okupasi (senam ergonomik) untuk menurunkan tingkat stres pada lansia.

Kata Kunci: Terapi Okupasi (Senam Ergonomik), Lansia, MMSE, Adaptasi Stres

Daftar Pustaka: 30 (2012-2018)

*Abstract*

*University Of Muhammadiyah Jember*

*S1 STUDY PROGRAM NURSING*

*Thesis, July 2018*

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*Effectiveness of Occupational Therapy (Ergonomic Gymnastics) Against Adaptation of Stress to Elderly At UPT PSTW Jember*

*Xvii + 123 things + 1 chart + 12 tables + 18 attachments*

*Abstract*

*The increasing age of the elderly, the problems that are in nature also more and more so as to cause stress both the elderly who live with family and elderly who live in elderly parlors. This is because increasing age leads to anatomical changes, such as shrinking of the brain and biochemical and central nervous changes. The purpose of the study to analyze the effectiveness of the application of occupational therapy (ergonomic gymnastics) to the adaptation of stress in the elderly in UPT PSTW Jember. The research design used pre experimental (one group pre and posttest design) and sample selection using purposive sampling with 33 respondents. Data collection using Mini Mental State Exam (MMSE) questionnaires. The result of data analysis showed that the respondent with the average score before given the application of occupational therapy (ergonomic gymnastics) 18,61 and after given the application of occupational therapy (ergonomic gymnastics) 20,21. The result of statistical test using paired t-test with  $\alpha = 0,05$  got p value 0,000 so it can be concluded the application of occupational therapy (ergonomic gymnastics) to adaptation of stress in elderly in UPT PSTW Jember effective. It is recommended for health workers to apply occupational therapy (ergonomic exercise) to reduce stress levels in the elderly.*

*Keywords: Occupational Therapy (Ergonomic Gymnastics), Elderly, MMSE, Stress Adaptation*

*References: 30 (2012-2018)*