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**Perbedaan Depresi Sebelum Dan Sesudah Melakukan Senam Lansia Di
Puskesmas Pimping**

Abstrak

Depresi pada lansia merupakan masalah kesehatan mental yang umum dan sering tidak terdeteksi, terutama akibat perubahan fisik, psikologis, dan sosial yang terjadi di usia lanjut. Salah satu pendekatan non-farmakologis yang terbukti efektif dalam mengurangi depresi adalah senam lansia. Penelitian ini bertujuan untuk mengetahui pengaruh senam lansia terhadap penurunan tingkat depresi pada lansia. Desain penelitian yang digunakan adalah pre-eksperimental dengan pendekatan one group pretest-posttest. Sampel penelitian berjumlah 56 orang lansia yang dipilih menggunakan teknik total sampling dan dilaksanakan selama bulan Juni 2025. Intervensi berupa senam lansia dilakukan selama dua minggu dengan frekuensi tiga kali per minggu dan durasi minimal 30 menit per sesi. Pengukuran tingkat depresi dilakukan menggunakan instrumen Geriatric Depression Scale (GDS-15). Hasil pretest menunjukkan bahwa mayoritas responden mengalami depresi sedang (51,8%) dan berat (25%). Setelah intervensi, tingkat depresi menurun secara signifikan; sebanyak 60,7% tidak menunjukkan gejala depresi, 37,5% mengalami depresi ringan, dan hanya 1,8% dengan depresi sedang. Tidak ditemukan lagi kasus depresi berat. Uji Wilcoxon Signed Rank Test menunjukkan nilai signifikansi $< 0,001$, yang mengindikasikan adanya perbedaan bermakna antara skor pretest dan posttest. Penelitian ini menyimpulkan bahwa senam lansia terbukti efektif dalam menurunkan tingkat depresi. Disarankan agar senam lansia rutin dilaksanakan di komunitas lansia sebagai bagian dari intervensi promotif dan preventif dalam menjaga kesehatan mental

Kata kunci: *Lansia, Senam Lansia, Depresi*

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**Differences in Depression Levels Before and After Elderly Exercise at Pimping
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Abstract

Depression in the elderly is a common mental health issue that often goes undetected, primarily due to physical, psychological, and social changes that occur in later life. One effective non-pharmacological approach to reduce depression is elderly exercise. This study aims to determine the effect of elderly exercise on reducing depression levels among older adults. The research used a pre-experimental design with a one-group pretest-posttest approach. A total of 56 elderly participants were selected using total sampling and the intervention was conducted in June 2025. The elderly exercise program was carried out over two weeks, three times per week, with each session lasting a minimum of 30 minutes. Depression levels were measured using the Geriatric Depression Scale (GDS-15). Pretest results showed that most participants experienced moderate (51.8%) to severe (25%) depression. Following the intervention, depression levels significantly decreased: 60.7% showed no signs of depression, 37.5% had mild depression, and only 1.8% remained in the moderate category. No cases of severe depression were recorded post-intervention. The Wilcoxon Signed Rank Test indicated a significant difference ($p < 0.001$) between pretest and posttest scores. This study concludes that elderly exercise is effective in reducing depression levels. It is recommended that elderly exercise be routinely implemented in elderly communities as part of promotive and preventive efforts to maintain mental health.

Keywords: *Elderly, Elderly Exercise, Depression*

References: 40 (2020–2025)