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## ***The Influence Of Elderly Gymnastics On Mother Anxiety At Sanggulan Health Centre***

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### **ABSTRACT / ABSTRAK**

*The purpose of this study was to find out the effect of elderly exercise on the anxiety of climacteric mothers at the Sanggulan Village Support Health Center in 2022. This study This type of quasy experimental research with the research design is a one group pretest-posttest design. Total sample of 38 respondents using accidental sampling method. Result the Wilcoxon statistical test in the SPSS program obtained a value of  $p = 0.000$ , meaning that there was a difference between the results of the pre-test and post-test. **Conclusion:** There is an influence between elderly gymnastics and maternal climacteric anxiety*

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## 1. INTRODUCTION

Time *climacteric* namely the transitional period in the normal life of a woman before senium (elderly age), which starts from the reproductive and active period of life, until the non-reproductive period. Time *climacteric* covers *pre-menopause*, *menopause*, and *post-menopausal*. In women occurs between the ages of 40-65 years. (Matjino, 2019).

One of the most vulnerable groups in society, both physically and mentally, is the women group *climacteric*. One example of a mental health problem is anxiety related to daily exercise women *climacteric* in meeting their needs (Kusuma and Ardani, 2018). Because it's a woman *climacteric* require comprehensive care.

Indonesia has entered the phase of an old structured country because it has a climacteric female population which reaches 9.27% of the total population. Because of the number of women's *climacteric* in Indonesia reached 30.3 million people (Central Bureau of Statistics, 2020), For Kalimantan Island, East Kalimantan Province is the third highest province after West Kalimantan and South Kalimantan Provinces with the number of women *climacteric* (age 45-54) around 217 thousand. (Central Bureau of Statistics, 2020).

According to the 2020 BPS, Kutai Kartanegara is the second highest regency/city after Samarinda, which has women *climacteric* the most by number around 72 thousand (Central Bureau of Statistics, 2020). Meanwhile, based on data from the Health Center Sebulu 1, women who visit Community Health centers Sebulu 1 with a range of ages 45-55 from January to December were around 639 people, for those who visited the Sanggulan Village Health Center from January to December were 153 people. Anxiety problems have increased prevalence in women *climacteric*, because of women *climacteric* have a higher tendency to experience anxiety disorders (John W. Santrock, 2002 in Annisa and Ildil, 2016).

Anxiety mental problems in women *climacteric* also occurs because of existing social problems, related to not achieving developmental tasks at a woman's age *climacteric* to adapt to the changes that occur (Asmadi, 2012). Anxiety in women *climacteric* also arise due to changes in body structure (Boltz, dkk., 2016). Health efforts in this case, which can be done by a midwife is to play a role in maintaining and restoring body movement and function, namely by exercise. Gymnastics is a light sport and easy to do, namely in the form of a series regular and directed tone movements and aims to improve the functional abilities of the body (Farisin, 2018).

Gymnastics can improve blood circulation and increase the volume blood in the body, thus stimulating the release of endorphins which cause a feeling of joy, pain disappears and reduces levels of depression and anxiety. Gymnastics can also form good mood conditions, so that the elderly who regularly participate in sports activities will always be in a comfortable condition (Raden Jaka et al, 2015).

Data for 2021 said that as many as 89 climacteric women did not receive exercise therapy. The effects of not doing gymnastics include the body becoming less fit, decreased endurance, uncontrolled body weight, obesity, feeling tired easily, insomnia or sleep disturbances which eventually lead to self-anxiety. (Muhajir, 2016).

## 2. MATERIALS AND METHOD

This research design uses *one group pretest-posttest design* is a research activity that provides an initial test (pretest) before being given treatment, after being given treatment then give a final test (posttest). Arikunto (2020: 124). The sampling technique used is *accidental sampling* because the researchers distributed questionnaires to every elderly who visited the Community Health centers Sanggulan Village Assistant and at the implementation of the Elderly Posyandu every month.

According to (Sugiyono, 2016) Determining sample criteria really helps researchers to reduce bias in research results, especially if the control variables turn out to have an influence on the variables we are studying. Sampling criteria can be divided into two parts, namely: inclusion and exclusion According to Nursalam, 2008: Inclusion criteria

are the general characteristics of research subjects from a target population that is reachable and will be examined. Scientific considerations should guide when determining inclusion criteria. The inclusion criteria in this study were women aged 45-55 years and willing to be respondents, fully aware and not experiencing mental disorders, able to communicate. The exclusion criterion was to remove/exclude subjects who met the inclusion criteria from the study for various reasons, the criteria being those who could not read or write.

The data collection instrument used in this study was roleplay/direct demonstration by the researcher to the elderly exercise movement respondents, the HARS Scale questionnaire to assess anxiety in mothers *climacteric*, observation sheet to assess respondents' compliance in participating in gymnastics which is carried out successively every week for 1 month.

Statistical analysis method used is to use *Test Wilcoxon Signed Ranks Test*. On use *wilcoxon test* is to test the effect of a treatment on a variable quantity to be studied. Condition Use *wilcoxon test* namely paired data, ordinal interval scale, ratio and paired samples. The level that is often used for the standard error is 0.05. *Wilcoxon Test* can be done with the SPSS 2016 program, namely the value of  $\alpha = 0.05$ , with the conclusion that if  $\text{sig} < 0.05$   $H_0$  accepted means that elderly exercise affects anxiety in the elderly, if  $\text{sig} > 0.05$   $H_1$  rejected means that elderly exercise has no effect on anxiety in the elderly.

### 3. RESULTS AND DISCUSSION

Of the 38 respondents studied, it was found that the results of the study at the Sanggulan Village Community Health Center showed that the level of anxiety before doing the elderly exercise was mostly anxiety in the severe category, 22 people (57.9%), moderate anxiety, 16 people (42.1%). Then, after doing elderly exercise, it was found that most of the respondents were in the moderate anxiety level category, as many as 21 people (55.3%), while the rest were included in moderate anxiety, namely as many as 17 people (44.7%).

From the 38 respondents studied in table 4.5 using the Wilcoxon statistical test in the SPSS program, it was obtained that the value of  $p = 0.000$  means that there is a difference between the pre-test and post-test.  $P$  value  $< 0.05$ , which means  $H_1$  is accepted and  $H_0$  is rejected, meaning that elderly exercise affects anxiety in the elderly at the Village Assistant Health Center 2022.

Complaints that occur in climacteric mothers According to Baziad, 2017 More or less 70% of climacteric and postmenopausal women experience vasomotor, depressive and other psychological and somatic complaints. Climacteric complaints in women aged between 45 and 54 years, including: hot flashes 70%, heart palpitations 40%, sleep disturbance 50%, depression 70%, irritability, feeling afraid, anxious, and irritable 90%, headaches 70%, tired quickly, difficulty concentrating, forgetfulness, less 65% energy, 20% dizzy spells, 25% pins and needles, 20% libido disorders, 40% constipation, 60% weight gain, 50% bone and muscle pain.

It can be said to be fit, or in other words to have good physical freshness when the heart and blood circulation are good so that the whole body can carry out its functions for quite a long time (Sumosardjuno, 1998; in Agustina, E. 2020). Sports activities that are carried out regularly can burn glucose thereby stimulating the hypothalamus-pituitary-adrenal mechanism that goes to the pituitary, thereby forming beta endorphins which produce feelings of pleasure and relaxation (Wahyuni, 2016). From this explanation it can be said that activity exercise (elderly gymnastics) will stimulate the release of endorphins which then provide a feeling of pleasure, comfort, feelings of happiness and control stress in a person so that anxiety and depression in the elderly can be reduced.

Gymnastics can overcome the behavior of avoiding something excessive that is caused by anxiety disorders, because regular gymnastic exercises will reduce somatic symptoms. The existence of elderly gymnastics will become a means of social interaction between the elderly, thereby helping to reduce symptoms of anxiety with phobias other.

Exercises carried out by the elderly will also give good hope to the elderly because there is an improvement in mental health after exercising, so that there will be a decrease in anxiety in the elderly.

#### 4. CONCLUSION

There is an influence between elderly gymnastics and climacteric maternal anxiety based on pretest and post-test data before and after the elderly exercise treatment.

For Mother *Climacteric* Expected mother's *Climacteric* You can apply this exercise at home, so that the anxiety you experience can be overcome. For auxiliary health centers Sanggulan Village It is hoped that the results of this study can be used as a permanent program or non-pharmacological routine agenda that can reduce maternal anxiety *climacteric* Of Sanggulan Village Health Center. For the Wiyata Husada Samarinda Institute of Health Technology and Science, it is hoped that it can become a reference in increasing knowledge and scientific insight of ITKES Wiyata Husada Midwifery Students Samarinda and improving maternal health services *climacteric*. For Researchers Furthermore. For future researchers, it is hoped that this research will become the theoretical basis and basic data for future research, especially regarding non-pharmacological therapies can reduce anxiety in the mother *climacteric*

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