

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, 20 Februari 2025**

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**Pengaruh Senam Tai Chi Terhadap Kesehatan Mental Emosional Lansia Di
UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah Dinas Sosial
Provinsi Riau Tahun 2024**

v + 93 halaman + 7 tabel + 16 lampiran

ABSTRAK

Prevalensi kesehatan mental emosional diperkirakan mencapai 60% mengalami kesepian karena hidup menyendiri (keluarga jarang mengunjungi) dan 40% mengalami stress emosional. Tujuan penelitian untuk mengetahui apakah ada pengaruh senam *tai chi* terhadap kesehatan mental emosional lansia di UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah Dinas Sosial Provinsi Riau tahun 2024. Jenis penelitian ini merupakan penelitian kuantitatif dengan *desain quasy experiment* melalui pendekatan *one grup pre-post test without control design*. Lokasi penelitian bertempat di UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah Dinas Sosial Provinsi Riau dengan waktu penelitian yang digunakan selama 6 bulan yaitu dari bulan september – februari. Jumlah populasi 25 orang dengan teknik total *sampling*. Instrumen penelitian yang digunakan yaitu dengan menggunakan SOP senam *tai chi* dan kuesioner GHQ-12 untuk kesehatan mental emosional. Berdasarkan data pada umur responden mayoritas berusia 60-69 tahun, berjenis kelamin laki-laki berjumlah 10 orang dan perempuan 13 orang. Hasil penelitian ini didapatkan kesehatan mental emosional pada responden setelah melakukan senam *tai chi* menurun, dilihat dari hasil mean *pre-test* dan *post-test* yaitu 20,74 turun menjadi 15,39. Hasil uji statistik *paired t-test* diperoleh hasil *p-value* $0,001 < 0,05$. Kesimpulannya bahwa adanya pengaruh senam *tai chi* terhadap kesehatan mental emosional lansia di UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah Dinas Sosial Provinsi Riau Tahun 2024. Penelitian ini merekomendasikan agar kegiatan senam *tai chi* sebaiknya dijadikan sebagai salah satu jadwal kegiatan harian responden oleh pihak UPT Panti Sosial Tresna Werdha (PSTW) sehingga dapat mengatasi kesehatan mental emosional lansia dengan melakukan senam *tai chi*.

Kata Kunci : Senam *Tai Chi*, Kesehatan Mental Emosional

Daftar Bacaan : 35 (2019-2024)

**NURSING PROGRAM STUDY FACULTY OF NURSING
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Research, 20 Februari 2025**

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The Impact of Tai Chi Exercise on the Mental and Emotional Health of Elderly People at the UPT Social Welfare Home for the Elderly (PSTW) Husnul Khotimah, Social Service Department of Riau Province, 2024

vi + 93 page + 7 table + 16 attachment

ABSTRACT

The prevalence of emotional mental health is estimated to reach 60% due to loneliness from living alone (rare family visits) and 40% experiencing emotional stress. The purpose of this study is to determine whether there is an effect of tai chi exercise on the emotional mental health of the elderly at UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah, Social Service of Riau Province in 2024. This study is a quantitative research with a quasi-experiment design using a one-group pre-post test without a control group design. The research location was at UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah, Social Service of Riau Province, and the study period lasted for 6 months, from September to February. The population consisted of 25 people using total sampling technique. The research instruments used were the Standard Operating Procedures (SOP) for tai chi exercises and the GHQ-12 questionnaire for emotional mental health. Based on the data, the majority of respondents were aged 60-69 years, with 10 male and 13 female participants. The results of this study showed that the emotional mental health of the respondents improved after performing tai chi, as evidenced by the mean scores from the pre-test and post-test, which decreased from 20.74 to 15.39. The results of the paired t-test statistical analysis showed a p-value of $0.001 < 0.05$. In conclusion, there is an effect of tai chi exercise on the emotional mental health of the elderly at UPT Panti Sosial Tresna Werdha (PSTW) Husnul Khotimah, Social Service of Riau Province in 2024. This study recommends that tai chi exercise should be included as part of the daily schedule for the respondents by the management of UPT Panti Sosial Tresna Werdha (PSTW) to help address the emotional mental health of the elderly through tai chi.

Keywords : Tai Chi Exercise, Emotional Mental Health

References : 35 (2019-2024)