

Pengaruh Pelatihan Tingkat Pradasar Seni Pernafasan Satria Nusantara Terhadap Penurunan Simtom-simtom Depresi

The Effects of Healing Exercise of Satria Nusantara at Pre Elementry Level Toward The Symthoms of Depression

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INTISARI

Depresi merupakan salah satu dari masalah-masalah klinis yang paling sering terjadi dalam praktek umum. Penelitian WHO di negara berkembang termasuk di Indonesia menunjukkan bahwa 30-50% pasien yang berobat ke fasilitas umum (termasuk rumah sakit) mempunyai latar belakang gangguan emosional (termasuk depresi), diperkirakan di Indonesia satu dari lima penduduk menderita gangguan jiwa dan mental. Para ahli selama ini mencari bentuk-bentuk penanganan depresi baik secara psikologi maupun farmakologi, tetapi hasilnya masih belum maksimal karena dirasakan mahal.

Tujuan penelitian ini adalah mencari alternatif lain penanganan depresi yang lebih murah, mudah dan efektif sehingga dapat dinikmati oleh semua golongan masyarakat, salah satunya adalah seni pernafasan Satria Nusantara.

Jenis penelitian yang digunakan dalam penelitian ini adalah metode eksperimen dengan pendekatan *Nonequivalent Control Group Design*. Penelitian dilakukan selama 12 hari terhadap 11 orang responden anggota latihan seni pernafasan Satria Nusantara Pusat dan sebagai kelompok kontrol diambil 11 orang yang mempunyai karakteristik hampir sama dengan responden. Uji statistik yang digunakan ialah statistik nonparametrik teknik uji “U” test (*Mann-Whitney*) dengan menggunakan perangkat lunak *SPSS (Statistical Product and Service Solution) versi 11.0 for Windows*.

Setelah 12 hari perlakuan, hasil pengukuran menunjukkan rata-rata skor simtom depresi (*mean rank*) untuk kelompok eksperimen lebih kecil (8,09) dari pada kelompok kontrol (14,91). Hasil uji statistik menunjukkan nilai $p = 0,013$ ($p \leq 0,050$ signifikan) dengan nilai $z = -2,467$. Berdasarkan hasil ini maka dapat disimpulkan bahwa latihan Tingkat Pra Dasar Seni Pernafasan Satria Nusantara secara signifikan dapat menurunkan simtom-simtom depresi.

Kata Kunci : Simtom-simtom Depresi, Latihan Seni Pernafasan Satria Nusantara Tingkat Pra Dasar.

ABSTRACT

Depression is one of clinical problems which often occurred. Experiments done by WHO which were held in developing countries, including Indonesia, have shown that 30 – 50% patients that went to the private facilities (including hospitals) have emotional disorders background (including depression), it is assumed that in Indonesia one from five people suffered mental and emotional disorders. Experts, until today, have been looking for kinds of depression healing, either by psychology or by pharmacology, but the results were not maximal enough because of the expensive fee.

The objective of this experiment is to find out other alternatif ways of healing the depression which are cheaper, easier, and effective so that it can be enjoyed or done by every status of society. One of the alternatif ways of healing the depression is healing exercise of Satria Nusantara.

Kind of experiment used in this experiment is experiment method with the approach of *Nonequivalent Control Group Design*. The experiment was done for 12 (twelve) days to 11 (eleven) respondents which are the members of Satria Nusantara. For the control team, there were 11 (eleven) people who have the characteristic similar enough with the respondents. The statistic test used here is nonparametric statistic of “U” test (Mann-Whitney) with the software of SPSS (*Statistical Product and Service Solution*) version 11.0 for Windows.

After 12 (twelve) days treatment, the measurement result has shown that the average of depression symthom score (mean rank) for the experiment team is lower (8,09) than the control team (14,91). The statistic test result shown that the $p = 0,013$ ($p \geq 0,050$ significant) and the $z = -2,467$. Based on this result, it can be concluded that the Healing Exercise of Satria Nusantara, Pre Elementary Level, can reduce the depression symthoms significantly.

Key Words ; Depression Symthomps, Healing Exercise of Satria Nusantara, Pre Elementary Level.