

INTISARI

PENGARUH GABUNGAN LATIHAN FISIK DAN ZIKIR TERHADAP PERBAIKAN GEJALA KECEMASAN PADA LANSIA JAMA'AH CALON HAJI DI SRAGEN

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Latar Belakang. Gangguan kecemasan sering terjadi pada lansia jama'ah calon haji selama persiapan keberangkatan. Latihan fisik dan zikir direkomendasikan sebagai salah satu upaya non farmakologis dalam mengurangi gangguan cemas.

Metode Penelitian. *Quasi experimental one group pretest dan post test* dengan subyek penelitian lansia jama'ah calon haji di Sragen pada tahun 2019 dengan gejala kecemasan yang dinilai dengan menggunakan skor *Beck Anxiety Inventory* (BAI). Dilakukan intervensi berupa gabungan latihan fisik dan zikir empat kali dalam dua minggu dan dinilai perbedaan skor BAI sebelum dan setelah intervensi.

Analisa Statistik. Untuk mengetahui perbaikan skor BAI setelah intervensi gabungan latihan fisik dan zikir dilakukan uji *Paired t-test* apabila distribusi data normal dan uji *Wilcoxon* bila distribusi data tidak normal. Perbedaan dianggap bermakna bila $p < 0,05$.

Hasil Penelitian. Terdapat perbedaan signifikan skor BAI keseluruhan ($p\text{-value} < 0,001$, $p < 0,05$), skor BAI kecemasan ringan ($p\text{-value} 0,001$; $p < 0,05$), tekanan darah sistole ($p\text{-value} 0,002$, $p < 0,05$), dan frekuensi nadi ($p\text{-value} 0,012$, $p < 0,05$) sebelum dan setelah intervensi. Didapatkannya penurunan tekanan darah sistole dan penurunan frekuensi nadi merupakan suatu parameter tercapainya respon relaksasi.

Simpulan. Terdapatnya pengaruh gabungan latihan fisik dan zikir terhadap perbaikan gejala kecemasan pada lansia jama'ah calon haji di Sragen.

Kata Kunci. *Gejala kecemasan. Beck Anxiety Inventory, latihan fisik, zikir*

ABSTRACT

THE EFFECTS OF COMBINATION OF PHYSICAL EXERCISE AND ZIKIR FOR ANXIETY SYMPTOMS IMPROVEMENT IN THE ELDERLY HAJJ PILGRIM CANDIDATES IN SRAGEN

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Background. Anxiety disorders often occur in the elderly hajj pilgrim candidates during preparation for departure. Physical exercise and zikir are recommended as one of the non-pharmacological efforts in reducing anxiety disorders.

Method. Quasi experimental one group pretest and post test with research subjects are elderly hajj pilgrim candidates in Sragen in 2019 with symptoms of anxiety that were assessed using the Beck Anxiety Inventory (BAI) score. Intervention was carried out in the form of a combination of physical exercise and zikir for two weeks and assessed differences in BAI scores before and after the intervention.

Statistical Analysis. To find out the improvement of the BAI score after the combined intervention of physical exercise and zikir, the Paired t-test was performed if the data distribution was normal and the Wilcoxon test if the data distribution was not normal. Differences were considered significant if p-value <0.05.

Result. There were significant differences in the overall BAI scores (p-value <0.001, p <0.05), mild anxiety BAI score (p-value 0.001; p <0.05), systolic blood pressure (p-value 0.002, p <0.05), and pulse frequency (p-value 0.012, p <0.05) before and after the intervention. Obtaining a decrease in systolic blood pressure and a decrease in pulse frequency are parameters for achieving a relaxation response.

Conclusion. Significant anxiety symptom improvement were demonstrated as the effect of combination of physical exercise and zikir in the elderly hajj pilgrim candidates in sragen

Key Words. *Anxiety symptoms. Beck Anxiety Inventory, physical exercise, zi*