
THE EFFECT OF TRADITIONAL DANCE THERAPY ON THE LEVEL OF DEPRESSION IN ELDERLY AT THE BOJONGBATA NURSING HOME PEMALANG REGENCY

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ABSTRACT

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Background. Older people are vulnerable to various changes as a result of the aging process that are linked to physical, psychological and social health problems. One of the psychological changes often encountered by older people is depression. The literature reports that dance therapy can reduce depression levels in older people. **Objective.** To determine the effect of traditional dance therapy in reducing depression in the older people at Panti Pelayanan Sosial Lanjut Usia (The Social Service Center for Older People), Pemalang Regency. **Method.** This research is a pre-experiment research with one group pre test and post test design. The research sample was 22 older people obtained by total sampling. The level of depression of the older people was measured using the Geriatric Depression Scale. The results of the study were analyzed with a nonparametric statistical test, the Wilcoxon sign rank test. **Results.** Half of the respondents (50%) were females. The average age of respondents was 71.05 ± 8.454 years. The mean depression score before and after the intervention were 8.14. and 4.36, respectively. There was a trend of changes in blood pressure and pulse in the older people during the intervention process. There was a significant difference between the pretest and posttest values of depression scores of the older people (p value <0.01). **Conclusion.** Traditional dance therapy can significantly reduce depression levels in the older people. This therapy can be used as an alternative to regular programs for the older people at Panti Pelayanan Sosial Lanjut Usia, Bojongbata, so that the rate of depression in the older people can be reduced.

Keywords: Elderly, Depression, Traditional Dance, Dance Therapy

Latar Belakang: Lansia sangat rentan terhadap berbagai perubahan sebagai akibat dari proses penuaan yang bertautan dengan masalah kesehatan fisik, psikologis dan sosial. Salah satu perubahan psikologis yang sering dijumpai lansia adalah depresi. Literatur melaporkan bahwa terapi tari dapat menurunkan tingkat depresi pada lansia. **Tujuan:** Untuk mengetahui pengaruh terapi tari tradisional dalam menurunkan depresi pada lansia di Panti

Pelayanan Sosial Lanjut Usia Bojongbata Kabupaten Pemalang. **Metode.** Penelitian ini merupakan penelitian *pre-experiment with one group pre test and post test design*. Sampel penelitian sebanyak 22 lansia yang diperoleh dengan *total sampling*. Tingkat depresi lansia diukur menggunakan *Geriatric Depression Scale*. Hasil penelitian dianalisis dengan uji statistik nonparametrik, uji *Wilcoxon sign rank test*. **Hasil.** Separuh responden (50%) berjenis kelamin wanita. Rata-rata usia responden adalah $71,05 \pm 8,454$ tahun. Nilai rata-rata depresi sebelum pemberian intervensi adalah 8,14. Setelah diberikan intervensi nilai rata-rata depresi adalah 4,36. Terdapat *trend* perubahan tekanan darah dan nadi pada lansia selama proses terapi. Terdapat perbedaan yang signifikan antara nilai pretest dan posttest tingkat depresi lansia (*p value <0.01*). **Kesimpulan.** Terapi tari tradisional secara signifikan dapat menurunkan tingkat depresi pada lansia. Terapi ini dapat digunakan sebagai alternatif program reguler bagi lansia di Panti Pelayanan Sosial Lanjut Usia Bojongbata Kabupaten Pemalang, sehingga angka depresi pada lansia dapat ditekan.

Kata Kunci : *Lansia, Depresi, Tari Tradisional, Terapi Tari*
