ABSTRACT

THE EFFECT OF BRAIN GYM TO THE STRESS LEVEL OF SCHOOL AGED CHILDREN
A Quasy Experimental Research
In SDN Nginden Jangkungan I Surabaya

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School is one of stressor for school aged children. Stress at childhood can influence the adjustment of stress at adult aged. Brain gym plays a part in the balance of left and right brain so that the balance of emotion also will be reached. Brain gym can improve coping skill and learning ability. However, the effect of brain gym on stress level of school aged children have not yet been known clearly.

The goal of this research was to analyze the effect of brain gym on stress level of school aged children. Quasy Experimental pre-post test design was used in this study. 64 respondents (school aged children) in SDN Nginden Jangkungan I Surabaya were selected and divided into 2 groups of 32 experiment and control group. The intervention was brain gym for 3 week (once a day). Independent variable was brain gym. Dependent variable was stress level of school aged children. Data were taken from questionnaire of respondents. Data were presented as descriptive statistics and statistical analysis was carried out using Wilcoxon Signed Rank Test with significance level = 0.05 and Mann-Whitney Test with significance level = 0.05. The analysis was performed using SPSS 12.0 for windows.

Result indicated that there was effect of brain gym to stress level of school aged children (p=0.003). In conclusion, routine brain gym can cause reduce stress level of school aged children. Further research should be longer than 3 weeks and better measuring instruments so that the result will be more accurate.

Keyword: Brain gym, stress level, school aged children.