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BRAIN GYM TO OVERCOME DEPRESSION ON LANSIA

ESSENCE

Background : *elderly in Indonesia has doubled (1971-2019), namely to 9.6% (around 25 million people). The percentage of elderly in Central Java in 2019, young elderly (60-64), the number of elderly people as many as 1,628.1 million people and middle elderly people (≥65 years) the number of elderly people as many as 3,051.1 million people. Increasing age is closely related to deterioration in bodily functions, both physically (decreased muscle strength, balance, ability to walk) and psychologically (depression and dementia), depression is a form of mental disorder in the mood (affective / mood disorder), which is marked with depression, lethargy, lack of passion, feelings of uselessness, hopelessness. Therapy that can be given to reduce depression in the elderly is Brain Gym, where the brain gym can activate and stimulate the left and right brain (lateral dimension) optimally, lighten or execute the back of the brain and the front of the brain (focusing dimension), stimulate emotional (central dimension) without specific time. Purpose: Knowing the making of Information and Education Communication (KIE) media about Brain Gym as a promotional media for physiotherapy in overcoming depression in the elderly. Method: The method used is using IEC media, which is a booklet which is produced as an implementation of health promotion which can be used as a reference by physiotherapists and physiotherapy students. Result: The IEC printed media in the form of booklets can be distributed directly to the elderly or elderly posyandu cadres and social organizations. Conclusion: As a promotional medium,*

Keywords : *Brain Gym, Elderly, Depression*