

## **THE EFFECT OF BRAIN GYM TOWARDS REDUCING STRESS LEVEL IN STUDENTS IN THE GROUP OF KARANG TARUNA SURAKARTA CITY**

Esty Ayu Pratiwi\*, Rini Widarti\*\*  
[esty.ayu.2000@gmail.com](mailto:esty.ayu.2000@gmail.com)  
Universitas 'Aisyiyah Surakarta

### **ABSTRACT**

**Background;** *Students are in the developmental stage aged 18 to 25 years which are generally classified as early adulthood and included in the quarter-life crisis stage, where individuals still have limited emotional experiences, making them vulnerable to stress. The prevalence of student stress in the world is 38.91%, in Asia it is 61.3% and Indonesia is 71.6%. Based on a preliminary study on the level of stress on students in the Karang Taruna group of Surakarta City, it is known that from 34 students, there are 4 people experiencing mild stress, 29 people experiencing moderate stress, and 1 person experiencing severe stress. One way to reduce stress is to use Brain Gym, which is a series of good and fun cognitive learning exercises for all ages. Destination;* *to determine the effect of giving a brain gym on stress levels in students in the Karang Taruna group in Surakarta. Method;* *pre-experimental method with one group pre and post test design technique. Samples were taken using purposive sampling technique and obtained 30 respondents. In this study, the stress level measuring instrument used was the Perceived Stress Scale (PSS-10). Results;* *The results of the influence test using Wilcoxon showed that the level of stress before and after being given a brain gym obtained a significance value of  $p = 0.001 < 0.05$ . Conclusion;* *There is an effect of Brain Gym on reducing stress levels in students in the Karang Taruna group of Surakarta City.*

**Keywords:** *Students, Moderate Stress, Brain Gym*

### **Information:**

*\*Students of DIV Physiotherapy Universitas 'Aisyiyah Surakarta*

*\*\* Lecturer of Universitas 'Aisyiyah Surakarta*