

PENERAPAN SENAM AEROBIK *LOW IMPACT* TERHADAP PENURUNAN SKOR PADA PASIEN HALUSINASI DI RSJD dr. ARIF ZAINUDIN SURAKARTA

Ilham Dery Sembada Putra¹, Tri Susilowati², Program Pendidikan Profesi Ners Universitas Aisyiyah

Surakarta

Email: ilhamputra0699@gmail.com

ABSTRACT

Background: Mental disorders in Indonesia account for 15.3% of the 259.9 million Indonesian population, especially schizophrenia and in Central Java itself, there are 8.7% of the population suffering from schizophrenia. Schizophrenia is a mental disorder that lasts a long time. This disorder causes sufferers to experience hallucinations, delusions and delusions, as well as confusion of thoughts and changes in attitudes and behavior. Hallucinations are perceptual disorders in which a person hears, feels, smells or sees things that are not there. Under certain conditions, hallucinations can result in threats to oneself and others. Low impact aerobics is aerobic movement that is performed at low intensity, including light stomping, while keeping your feet on the floor. In aerobics, the beats of the music are usually softer. When jogging, the legs are not raised high. **Objective:** to find out the results of the application of Low Impact Aerobic Gymnastics on Decreasing Scores in Hallucinatory Patients at RSJD Dr. Arif Zainudin Surakarta. **Method:** the application of this journal uses a descriptive method with a case study approach. **Results:** the results after the implementation there was a decrease in hallucination scores in both respondents. **Conclusion:** there is a change in the value of the hallucination score in both respondents. The application of Low Impact Aerobic Gymnastics reduced the hallucination score.

Keywords: *Low Impact Aerobic Exercise, Hallucinations*