

**THE EFFECT OF BRAIN GYM ON ELDERLY ANXIETY IN THE
VILLAGE OF BEJEN KARANGANYAR REGENCY**

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ABSTRACT

Background: The global prevalence of the elderly continues to rise, with the number of individuals over 60 years old expected to increase to 17% between 2021 and 2050. As the number of elderly people increases, the risk of them experiencing anxiety also grows. Currently, around 10-20% of the elderly live with anxiety disorders. The management of anxiety disorders can be done non-pharmacologically, one of which is through brain gym therapy. **Objective:** To determine the effect of brain gym therapy on anxiety in the elderly in Bejen Village, Karanganyar Regency. **Method:** The research method is quasi-experimental. The approach uses a one group pretest-posttest design. The sampling technique used was non-probability sampling with purposive sampling method, with a population of 250 elderly individuals and a sample of 17 elderly individuals. The implementation of the brain gym was conducted twice over 2 weeks with a duration of 13 minutes for each session. **Results:** In this study, the Wilcoxon Test results showed that sig.(2-tailed) (0.001) <0.05, thus H_a is accepted. **Conclusion:** There is an effect before and after brain gym was conducted on the anxiety of the elderly.

Keywords: Anxiety, Brain gym, Elderly.