

**THE INFLUENCE OF LOW IMPACT AEROBIC EXERCISE ON REDUCING
STRESS LEVELS IN THE ELDERLY AT
POSYANDU LANSIA NGUDI WARAS RW VII
KELURAHAN JAGALAN**

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ABSTRACT

Back Ground: *Elderly people complain of anxiety and excessive anxiety. Elderly people experience stress due to lack of exercise, because their daily activities are monotonous so they are lazy to do sports. Stress in the elderly can be reduced by low impact aerobic exercise. Low impact aerobic exercise is one of the mild exercise that can be done by the elderly to create a relaxing effect in order to reduce stress levels.***Objectives:** *This study aims to determine the effect of low impact aerobic exercise on reducing stress levels in the elderly.***Method:** *This study used the pre-experimental method with one group pre and post test without control design research design. Sampling with simple random sampling. The number of samples in this study were 18 respondents. The measuring instrument used in this study is Depression Anxiety Stress Scale (DASS). This study was conducted 3 times a week for 4 weeks with an intensity of 30 minutes each time the exercise.***Result:** *The results of this study showed $Z_{count} > Z_{table}$ (3,873 > 1,96) with a significant $p = 0,001$ ($p < 0,05$), meaning that there was an effect of low impact aerobic exercise to reduce stress levels in the elderly.***Conclusion:** *Low impact aerobic exercise is useful for reducing stress levels in the elderly..*

Keywords: *Elderly, Stress, Low Impact Aerobic Exercise.*

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