

Effect of Physical Exercise on Depression in Patients at Surakarta Mental Hospital

Andreany Kusumowardani and Rita Untari
Department of Occupational Therapy
Surakarta Health Politechnique

Pebriyanto Nindyo Nugroho
Surakarta Mental Hospital

Firmanto Adi Nurcahyo
Department of Psychology
Pelita Harapan Surabaya University

The high prevalence of depressive mental disorder along with its serious impacts requires a comprehensive treatment with pharmacological and non-pharmacological approaches. Physical exercise as a method of non-pharmacological therapy has been shown to be beneficial for the prevention and the cure of diseases. The purpose of this study was to determine the effect of physical exercise on the level of depression in patients with mild and moderate depression in Surakarta Mental Hospital. This study was an experimental study. The results showed that overall exercise had a significant influence on the decrease in the level of depression ($t = 7.375, p = .002$). However, physical exercise did not have a significant effect on reducing depression levels in the group of mild depression ($t = 1.858, p = .529$). Several limitations of this study may lead to the results of this study were not entirely as hypothesized.

Keywords: depression, physical exercise, mental hospital

Prevalensi gangguan jiwa depresi yang tinggi serta disertai dampak yang serius memerlukan penanganan komprehensif secara farmakologis maupun non farmakologis. Latihan fisik sebagai salah satu metode terapi non farmakologis, terbukti telah memberikan manfaat yang besar bagi pencegahan dan penyembuhan penyakit. Tujuan penelitian ini adalah menguji pengaruh latihan fisik terhadap tingkat depresi pada pasien dengan tingkat depresi ringan dan sedang di Rumah Sakit Jiwa Daerah Surakarta. Jenis penelitian ini adalah eksperimen. Hasil penelitian menunjukkan bahwa secara keseluruhan latihan fisik memberikan pengaruh yang signifikan pada penurunan tingkat depresi ($t = 7.375, p = .002$). Namun demikian, latihan fisik tidak memberikan pengaruh yang signifikan bagi penurunan tingkat depresi pada kelompok depresi ringan ($t = 1.858, p = .529$). Beberapa keterbatasan dalam penelitian ditengarai mempengaruhi hasil dalam penelitian ini sehingga tidak sesuai dengan hipotesis yang diajukan.

Kata kunci: depresi, latihan fisik, rumah sakit jiwa

Depression is a mental health issue that deserves serious attention. Prevalence of depression in world population reached 3%-8%, with 50% of cases occur in the productive age of 20-50 years. Depression became one of the causes of disability in the world. WHO projects that by 2020 depression will occupy the second position as the global disease burden (WHO, 2012).

Depression is generally defined as feeling sad, unhappy, unsuccessful, and despair that can be experienced by everyone at some period in his life (NIMH, 2012). However, the understanding of depression in clinical sense also involves a disruption of the brain that lasts for two weeks or more and disrupts the daily lives of individuals, such as the ability to work, sleep, and even an affinity for eating (APA, 2012).

According to the Diagnostic and Statistical Manual of Mental Disorders IV (APA, 1994), depressive disorders are divided into major depressive disorder, dysthymic

Correspondence concerning this article should be addressed to Firmanto Adi Nurcahyo, Department of Psychology, Pelita Harapan Surabaya University, Jl. A.Yani 288, Surabaya 60234. E-mail: firmanto.adi@uphsurabaya.ac.id or andrenathandre@gmail.com.