

The Effect of Qi Gong Gymnastics to decrease Depression to elderly in Nursing home X

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Abstract

The aim of this research is to examine the effects of Qi Gong Gymnastics to decrease the depression to elderly in nursing home. In this research, involved 3 elderly aged more than 60 years with depression issue. In the first step of research, the researcher doing screening using *Beck Depression Inventory* (BDI), then doing interview to examine the level of depression. After 16 session of interventions, participant show the decrease BDI scale from moderate (25, 28, 28) to lower depression (12, 14, 15). Beside that, researcher found the behavior change in elderly after the intervetion session, in example : social interest and makes them join such activity in nursing home. So, in this research found that Qi Gong gymnastics have effect to decrease depression on elderly in nursing home.

Keywords : Depression, Qi Gong Gymnastics, Elderly