



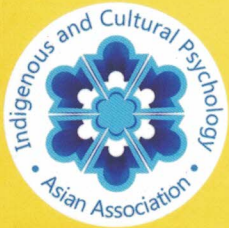
THE SECOND INTERNATIONAL CONFERENCE OF
INDIGENOUS AND CULTURAL
PSYCHOLOGY

Denpasar, Bali - Indonesia (December 21-23, 2011)



PROGRAM AND ABSTRACTS BOOK

Hosted by:



Asian Association
of Indigenous and
Cultural Psychology
(AAICP)



Psychology Department
Faculty of Medicine and
Health Science
University of Udayana

THE ATTITUDE OF THE CENTER OF PUBLIC HEALTH
IN CIMAREME, NORTH BANDUNG, WEST JAVA

Rahardjo, Intaglia Harsanti

Tarumanagara University

is popular as hospital nowadays in Indonesia and the
center of public health. The aim of this study is
center of public health and some characteristic
with it. The participants of the research are 61
North Bandung, West Java. The result shows that
public health has positive correlation with perception
vice, and negative correlation with perception of
the age of the participants. Another findings show
center of public health and perception about the
educational background. Participant with higher
age has more positive attitude.

Considering Senam Resiliensi as a Part of Healthy Life Style: A Study
on the Body Weight of Orphans in Central Java, Indonesia

Sri Tiatri, Jap Tji Beng

Tarumanagara University

Body weight is one of some objective indicator of health. Methods that have been developed to maintain health includes maintaining or increasing body weight for children. Senam Resiliensi (SR) for children and adolescents is a body and mind exercise co-developed by a team lead by Prof. Hiew in 2010, which has been proven to enhance physical and psychological health of children and adolescence (Tania et al., 2011). This study aims to examine the effect of SR in body weight of children and adolescent. The participants were 38 orphans in orphanages houses in Central Java. SR training was applied two times a week in one month. Result shows that body weight was maintained after SR training. However, there was improvement in average BMI. The result added the value of SR in maintaining health, and therefore it could be considered as a part of healthy lifestyle (Thirlaway & Upton, 2009).

Keywords: lifestyle, health, Senam Resiliensi, orphanage, body weight