

Effect of Pradasar Level Training of Satria Nusantara Respiratory Arts on Decreased Symptoms of Depression

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Abstract

The purpose of this study was to determine the extent of the influence of the art of breathing Satria Nusantara at the pre-basic level in reducing symptoms of depression. The method used in this research is an experiment with a Nonequivalent Control Group Design approach, namely by dividing into 2 groups as the experimental group and the control group. Both groups received pre and post tests. The results showed that the results of the data analysis that had been carried out, especially the comparison between the experimental group and the control group on the pre-test post-test difference, that the pre-basic level training in the art of breathing Satria Nusantara had a significant effect on decreasing depression symptoms.

Keywords

breathing art training;
symptoms of depression;
satria nusantara



I. Introduction

Healthy and fit human beings are human beings who are prosperous and balanced continuously and full of useful and highly capable, with these abilities will result in improvement and development of their quality of life. Complete physical and psychological health is a very basic thing and is an invaluable gift from Allah SWT.

The current condition is many things that can cause people to be constantly overwhelmed by depression, both problems about the past, present and future. These problems relate to the family, economy, environment, and others. Depression is defined as a state of depression (sadness, disobedience) which is characterized by feelings of incomprehension, decreased activity and pessimism facing the future, which is experienced by people under normal circumstances.

Handling depression in individuals with each other is not the same. Experts have been looking for forms of depression treatment both psychologically and pharmacologically, including Buselli and Stuart (1999) mentioned that meditation interventions, relaxation and exercises carried out continuously can regulate psychosocial factors including depression, social isolation, anxiety, and stress associated with death and pain which can all result in the risk of death from the heart muscle.

Kessler, et al (2001) said that the use of alternative therapies (including relaxation and healing techniques with deep energy) was able to reduce 53.6% who experienced depression and anxiety by 56.7% over 12 months. Other experts mention that depression can be reduced with psychopharmaceutical therapy (pharmacotherapy) with anti-depressant drugs which are the main choice both in bipolar disorder and in depression. Of the various types of anti-depressant drugs that exist, there has not been found an ideal type of anti-depressant drug. (Hawari, 1997).

Input for the education system include lecturers, students and facilities and infrastructure needed to support academic activities and support the teaching and learning process. These three factors are interdependent and influence each other in creating an

efficient and effective academic atmosphere. An efficient and effective academic atmosphere reflects that a good lecturer's performance as well.

Handling depression has been considered burdensome for some people because it must spend a lot of money while the benefits obtained are still less than expected, so it is necessary to find another alternative to handling depression that is cheaper, easier, and effective so that it can be enjoyed by all groups of people, one of which is the art of breathing.

The art of breathing belongs to the category of health sports because its main mission is to maintain and improve the degree of public health and even prevent, cure diseases, especially non-infectious diseases. In Indonesia, the association that organizes respiratory sports, one of which is the Art of Breathing Satria Nusantara.

The training method used in the art of breathing is to combine three elements (moves, breaths, and dhikr) and during breathing and exercises must also concentrate the mind and read the dhikr "Laa Ilaha Ilallah" for Muslims and for non-Muslims according to their respective beliefs. The process of staging using the "equilateral triangle" is to take a breath through the nose slowly and deeply (maximum inspiration), then hold your breath or press the breath under the abdomen (abdominal pressing) an interval later, throwing the breath or air out of the lungs as much as possible (maximum expression). The issue raised is whether there is a positive influence of Satria Nusantara Respiratory Arts on the decrease in depressive symptoms in individuals who are depressed.

This study aims to find out the extent of the influence of Satria Nusantara Respiratory Arts at the pradasar level in lowering the symptoms of depression. The results of this study are expected to theoretically contribute to clinical psychology as an alternative to healing depressive symptoms in society effectively, cheaply, and easily. Practically speaking, it can provide input, especially to the Satria Nusantara Institute in the form of the benefits of breathing arts training towards healing depressive symptoms so that it can improve the quality of the art of breathing itself.

II. Review of Literature

According to Rice (1992), depression is a mood disorder, a prolonged emotional state that colors a person's entire mental process (thinking, callousness, and behavior). In general, the mood that predominantly appears is a feeling of helplessness and loss of hope.

According to the National Institute of Mental Health (1994) there are three forms of depressive disorder that most often appear, although in these three forms there are variations in the number of symptoms, severity and precision. Major depression syndrome is characterized by a combination of symptoms that affect the ability to work, sleep, eat and enjoy one of the fun activities. This episode of depressive incompetence can appear twice a day or several times during life. A less severe form of depression is dysthymia that includes a long period of time in the form of chronic symptoms that are full or prevent it from feeling good. Another form is bipolar disorder which was once called depressive manic disease. Unlike other depressive disorders, bipolar disorder includes the depressive environment at one pole and joy or mania at the other pole.

According to Rice (1992) the causes of depression can be seen from biological factors (such as illness, hormonal influences, postpartum depression, drastic weight loss) and psychosocial factors (e.g., individual, or interpersonal conflicts, existential problems, personality problems, family problems). Hereditary problems have an influence on the tendency to appear depression.

According to Rice (1992) individuals affected by depression generally show psychic symptoms, typical physical and social symptoms, such as moody, prolonged sadness, sensitivity, irritability and irritability, loss of morale, loss of confidence, loss of concentration and decreased endurance. Symptoms are a set of events, behaviors, or feelings that often (but not always) appear at the same time. Symptoms of depression are a collection of behaviors and feelings that can specifically be classified as depression. Everyone has a different difference, which allows an event or behavior to be faced differently and gives rise to different reactions between one person and another. These symptoms of depression can be seen in three ways, namely symptoms in terms of physical, psychic, and social.

According to Maryanto (1995) Satria Nusantara is one of the martial arts excavated from the roots of the Indonesian ancestral culture that combines body movement and breathing and concentration to produce a more stable, strong and orderly body bioelectric system, so that it can defend itself against various attacks (diseases) in the body, can also be used to defend against attacks from outside and can even be used to help / treat People who are sick.

The word "SATRIA" in Satria Nusantara when described consists of the words Sat = Six, Tri = Tiga and A = Ya = Power = Strength. This college is strived to develop the six senses of man with three strengths: Physical Strength, trained with certain movements; Inner Strength, trained with certain breathing; The power of Faith, trained with the dhikr khafi / heart "Laa illaaha illallah" (for Muslims). So here there are only moves, breaths and dhikr of laa Illaaha Illallah's heart, nothing else, no milking, amulets, mutih fasting, etc. Satria Nusantara also does not know the term abstaining from food.

Furthermore, Maryanto (1995) revealed that the method used in the art of breathing Satria Nusantara uses breathing in three (3) stages. It begins with early sitting breathing, moving breathing and final sitting breathing. The nature of this sport in addition to the breath is also by motion or by moves.

Respiratory training will affect the physiology of the body. Broadly speaking, the organs of the body that can be affected are the lungs, blood vessels, digestive system, skeletal muscles, heart and brain waves (Anshari, 1991). In this breathing exercise will open more space that can be used in the lungs so that the total capacity of the lungs will increase, and the volume of lung residue will decrease and train the muscles around the lungs to work properly.

The correlation between respiratory rhythms and brain waves can be seen in people who are angry. The breath of the person who is angry is in a hurry, has a brain wave that is chaotic that causes his breathing to also be chaotic. People in a state of anger, stress, madness, and other negative mentalities can be seen that the breathing rhythm is irregular, rushed and stung, which causes abnormal, chaotic, and irregular brain waves, this seems to be recorded with an EEG device.

Conversely, people who breathe well, long, and regularly will display the results of recording good and regular wave rhythms. As a result, the person concerned will always be calm, confident, and patient. It appears that there is a correlation between brain waves and respiratory rhythms, suggesting that regular breathing rhythms cause a person to be calmer, more confident and in a relaxed state, which can distance themselves from the symptoms of depression.

According to Rice (1992) breathing is one type of meditation practice. Meditation is a technique or method of exercise used to increase the level of consciousness, which can further bring mental processes can be more controlled consciously (Walsh, 1983).

Meditation itself can be viewed as a form of self hypnosis, because when the individual does meditation then his attention is focused on a meditation object (object, breath, or certain prayer), this causes the individual to not feel the stimuli around him for longer including pain stimuli (Safarino, 1990). This condition can suppress the factors that cause depression experienced by a person.

At the stage of meditation, it is also mentioned that the individual will experience a relaxed, calm, and peaceful state. This state affects the part of the human brain that is associated with emotional processes, especially in the hypothalamus. In a state of meditation through concentration on breathing, the pronunciation of certain mantras or prayers causes stimulation of hypothalamic activity thus inhibiting the production of the hormone Corticotropin Releasing Factor (CRF) which results in the anterior pituitary gland being inhibited from secreting ACTH (Adreno Corticotropic Hormone).

Thus, inhibiting the adrenal glands to secrete the hormones cortisol, adrenaline, and noradrenaline, this causes the hormone thyroxine (has the effect of easily tired, easily anxious, easily tense and insomnia) released by the thyroid gland in the body decreases due to the inhibition of the hypothalamus releasing Tyrotropin Releasing Factor (TRF) so that the state of meditation causes a calm and relaxed psychic impact (Rice, 1992).

The state of meditation also affects and stimulates the autonomic nervous system, namely the parasympathetic nervous system which causes a decrease in blood pressure and heart rate, decreases muscle tension so that it relaxes, lowers blood glucose levels, and decreases energy consumption. The influence of this parasympathetic nervous system for psychological conditions is to cause feelings of relaxation, calm, peace and increased concentration ability of individuals, the state of meditation also gives rise to alpha waves (α) in the brain that indicate the condition of the body in a resting state (Rice 1992). This condition is the opposite of the symptoms of depression in individuals. Regular breathing and concentration will have an effect.

III. Research Method

This study used experimental methods with the Nonequivalent Control Group Design approach (Shenghnessy and Zechmeister, 1994) i.e., there are two different groups of subjects, one as an experimental group while the other as a control group. Both the experimental group and the control group received pre and post tests. In the experimental group, they received treatment for 12 days without absence while the control group did not get treatment. The variables involved in this study are vfree ariabel / satria nusantara breathing exercise treatment variabel depending on the symptoms of depression.

The population in this study is a general person who has never participated in Satria Nusantara breathing arts training and will take satria nusantara breathing arts training and has a BDI score of more than 9. This study is in sampling experimental groups using nonprobability sampling with purposive sampling, which uses samples that have certain characteristics that are in accordance with the purpose of the study.

For the control group, the sample was taken by means of the number of samples taken as a control group as large as the experimental group with the same characteristics both age level, gender, final education and planning to attend satria nusantara breathing arts training and have a BDI score of more than 9 (mild depression).

The data collection tool to measure depressive symptoms in this study was used from the Beck Depression Inventory (BDI). The data collection tool to measure depressive symptoms in this study was used from the Beck Depression Inventory (BDI). This BDI scale consists of 21 aitem in the form of multiple-choice questions. The symptoms

expressed are sadness, pessimism, a sense of failure, dissatisfaction, guilt, expectation of punishment, dislike of oneself, withdrawal of oneself, suicidal desire, frequency of crying, aggravation, tendency to withdraw from the social environment, inability to make decisions, inaction at work, difficulty sleeping, fatigue, loss of appetite, weight loss, somatic preoccupation, and loss of libido (Beck, 1985).

The data analysis method that will be used in this research is a quantitative method using statistics. The number of samples in this study is relatively small, which is less than 30 people, so the statistics used are nonparametric statistics with the "U" test technique (Mann-Whitney) to determine the difference in depressive symptoms between the experimental group and the control group. Data analysis will be performed using SPSS (Statistical Product and Service Solution) version 21.0 for Windows software

IV. Results and Discussion

Table 1. Composition of Depression Levels of Study Subjects Before Being Treated

Depression Rate	Expedition Group		Control Group		Sum
	Man	Woman	Man	Woman	
Mild depression	4	-	5	1	10
Moderate depression	2	1	2	1	6
Major depression	2	2	1	1	6
Sum	8	3	8	3	22

Table 2. Composition of Depression Levels of Study Subjects After Treatment

Depression Rate	Expedition Group		Control Group		Sum
	Man	Woman	Man	Woman	
Usual	6	2	4	1	13
Mild depression	1	1	2	1	5
Moderate depression	1	0	-	-	1
Major depression	-	-	2	1	3
Sum	8	3	8	3	22

The results of data processing obtained an average depression symptom score (*mean rank*) for the experimental group smaller (8.09) than in the control group (14.91). The statistical test results showed a value of $p = 0.013$ ($p \leq 0.050 \rightarrow$ significant) with a value of $z = -2,467$. Based on these results, it can be concluded that the hypothesis is accepted or in other words there is a positive influence on the training of the level of breathing arts Satria Nusantara on the decline of depressive symptoms.

Additional analysis of differences in depressive symptoms based on education level ($z = 0.000$; $p = 1.00$). These results showed that there was no difference in depressive symptoms when viewed from the level of high school education and below high school after training. Another additional analysis showed that there was no difference in gender-based depressive symptoms ($z = -1.743$ and $p = 0.085$) after training.

This result is possible because the emotions of both men and women when training is not tense, sad, and supported by situations and conditions that give each other encouragement and feedback during this training.

V. Conclusion

Based on the research and data analysis results that have been carried out, especially the comparison between the experimental group and the control group at the difference between the post-test pre-test, it can be concluded that the Satria Nusantara Respiratory Arts Pre-Basic Level Training has a significant effect on the reduction of depressive symptoms.

Based on the above conclusions, several suggestions were submitted, including: Satria Nusantara Respiratory Art pre-elementary level can be used as one of the alternatives to reduce the symptoms of depression; For the next researchers who are interested in the development of psychotherapy, especially the art of breathing to research at the next level of the art of breathing Satria Nusantara such as the level of subtle control, combined and so on. Similarly, research variables to be more varied and related to other aspects such as physical complaints, family complaints and others; For people with depression, this training can be used as an alternative treatment but must be remembered to do it regularly and disciplined so that the benefits obtained are maximized.

This research can be used as input for the lecturer concerned and for the institution in developing its human resources, by not only exploring the ability and expertise of lecturers but also considering the professionalism of the lecturer by continuously improving by participating in lecturer self-development training, synergizing with colleagues and active in professional associations and other scientific activities to continuously improve themselves in a sustainable manner. connecting. And it is also expected that the institution will provide awards and encouragement so that lecturers will compete more and more in improving themselves.

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