

ABSTRACT

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Aerobic Exercise Influences in Decreasing Level of Depression. (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, Psi. and Dra. Ninawati, MM.); Psychology Major Program, Undergraduate Program. Tarumanagara University. (51, P1-P3)

The purpose of this research is to fine out Aerobic exercise influence in decrease level of depression. Depression is the most common psychological disorders. The depression syndrome are: appetite disorder, lack of concentration, decreased the aptitude to do routine activity. Aerobic exercise is another ways to decrease level of depression. They who were participate in this research are that are heart attack patient whom are diagnosed with depression syndrome. Data were taken by using questionnaire and analyze by using Mann-Whitney and processed in computer program of SPSS for Windows version 12.00, The result of this research are that patients who have a symptoms depression that joined aerobic in two month and two week, decreased their level of depression until 32.79%