



3rd ASIAN PSYCHOLOGICAL ASSOCIATION

DARWIN

CONFERENCE

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PROGRAM & ABSTRACTS



Charles Darwin
UNIVERSITY

POSTER SESSION 3

1. **On authenticity and religion**, Ahi, S., Datta, P., & Misra, G.
2. **Relationship with father and adolescent's delinquent behavior: a case study in Malaysia**, Baharudin, R., Zulkefly, N.S., Halim, M.S.A.
3. **The relationship between perfectionism and self-handicapping among Korean adolescents: The mediating effect of achievement goals and the moderating effect of academic self-efficacy**, Heo, Y-H., Oh, J-E., & Lim, S-M.
4. **Effects of psychological readiness on the performance of Malaysian university athletes**, Isa, A.M.M.
5. **The ethnic identity status on Madura male and female teenagers**, Wahyu, P., & Tarakanita, I.

1100 – 1230 PARALLEL SESSIONS 16 – 18

Parallel Session 16: Social / Cultural Issues

Chair: G. Santoso

(Mal Nairn Theatre)

- **Motivational values that are related to social face on Chinese and Javanese ethnics.**
Santoso, G., & Halim, R.
- **The underlining values of determining motives for success in Batak Toba society (Study of Indigenous Psychology)**
Irmawati
- ✓ • **When a Javanese "Ojo Dumeh" value was applied in a business: A case study of a Jamu Company**
Tiatri, S.; Jap, T.; Kurniawati, M.; & Hastuti, R.
- **Health professionals' attitudes toward end of life issues**
Turnbull, B., & Brown, P.

Parallel Session 17: Positive Psychology

Chair: W. Risnawaty

(Red 6.1.01)

- **Cognitive behavioural variables predicting gambling behaviour in a clinical sample**
Oei, T.P., & Raylu, N.
- **Effect of Assertiveness Training on Homesickness in Iranian Student**
Bordbar, F.T., Rasoulzadeh, K., Azadfallah, P., & Samani, S.
- ✓ • **The benefit of "Senam Resiliensi" to enhance resilience of adults in elderly houses in Surakarta, Indonesia**
Risnawaty, W., Budiarto, Y., Monika, S. & Tiatri, S.
- **The correlation between character strengths and happiness of Bugis people**
Winanti, P.N., & Oriza, A.

The benefits of “Senam Resiliensi” to enhance resilience of adults in elderly houses in Surakarta, Indonesia

Risnawaty, W.; Budiarto, Y.; Monika, S.; Tiatri, S.

University of Tarumanagara, Jakarta

email:

widya.risnawaty@gmail.com

Senam Resiliensi (SR) is developed by Prof. Hiew and Dr. Jap (2009), and is a subset of CFQ (Cosmic Freedom Qigong, Prof. Hiew, 2001). Senam Resiliensi consists of two preparation movements and four main movements, which were all designed for the elderly to enhance resilience. The purpose of this experiment was to identify the effectiveness of “Senam Resiliensi” practices in enhancing the state resilience (Hiew, 2001) of adults in two elderly houses at Surakarta, Indonesia. The research implemented a quasi-experimental design (one group pretest-posttest design) with 29 participants. They were given the Senam Resiliensi training for two months by proficient trainers. Data were gathered through questionnaires, observations, short interviews. Result showed that enhanced state resilience was detected. The mean of the state resilience pretest was 2.45 while the posttest’s was 2.59. There was interaction in time (pretest-posttest) ($r=0.711$, $p < 0.05$) and the mean difference (gain) showed that the Senam Resiliensi was able to enhance the participants’ state resilience ($p < 0.05$).