

**Paper 21 - Allied Health**

**EFFECT OF BRAIN GYM TO PRISONERS' STRESS AT CORRECTIONAL INSTITUTION CLASS II B TONDANO**

**James Maramis, Afrini Angelina Watak**

Universitas Klabat

[jmaramis@unklab.ac.id](mailto:jmaramis@unklab.ac.id), [afrini\\_watak@yahoo.com](mailto:afrini_watak@yahoo.com)

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**ABSTRACT**

Stress is a non-specific human reaction to stimuli. A person experiences stress because of their stressors. On a prisoner, stress can lead to fights between inmates, cases of prisoners who tried to escape, prisoners against officers at the Correctional Institution, as well as the cases of prisoners who tried to attempt suicide. Brain Gym therapy is one of the method to decrease stress level through several activities. This study was conducted to determine the effect of Brain Gym to prisoners' stress at Penitentiary Class II B Tondano. The method used in this study was Quasy Experimental one group pre and posttest design. The sampling method used was purposive sampling, with a sample of 45 male prisoners. The results of this study indicate Mean (pretest) stress levels are moderate with an average value of 2.7985, while posttest stress levels are 1.9585 (mild). Paired T-test found significant effect of Brain Gym to reduce stress of prisoners in terms of general stress, psychological aspect and the physical aspect ( $p=.000<.05$ ). ANOVA test found significant differences of Brain Gym's effect to general stress of prisoners when associated with length of detention ( $p = .001 < .05$ ), wherein prisoners with 11-15 years of detention has more reduction of stress levels. Researchers recommend to the prisoners and correctional facilities to use Brain Gym therapy to reduce the stress experienced.

**Keywords: Brain Gym, stress, length of detention, prisoner, correctional facility**

