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**ABSTRACT**

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**THE EFFECT OF GYMNASTICS AEROBIC (LOW IMPACT) ON THE  
IMPROVEMENT OF SCHOOL AGE CHILDREN'S SHORT – TERM  
MEMORY IN SD 01 SUWADUK PATI**

63 pages + 10 table + xv

**Background:** One of the efforts to improve short-term memory in school-age children is by providing stimulus aerobics (low impact) to improve the power of thought for children, because of by doing this aerobic exercise (low impact) can increase blood flow to the brain, so that the nutrients and the oxygen in the brain can be fulfilled. The purpose of this study is to find out the effect of gymnastics aerobic (low impact) on the improvement of school age children's short – term memory in SD 01 Suwaduk Pati.

**Methods:** This study is quantitatively with Quasi Experimental Design using the draft of Non-Equivalent Control group pretest-posttest. The data collection was taken by using a measuring instrument Digit Span Forward and Backward. The sample was 35 respondents with total sampling technique that consists of two groups: the control and intervention groups.

**Results:** Based on the analysis of 35 respondents were obtained that there's a significant effect of giving aerobics (low impact) with the result  $p = 0.014$  ( $p < 0.05$ ) using Wilcoxon Signed Rank Test. From both of groups were also obtained the differences of the result with result of  $p = 0.016$  ( $p < 0.05$ ) using the Mann Whitney U Test, then there is very significant difference.

**Conclusion:** There was a significant effect of giving aerobics (low impact) on the improvement of school age children's short – term memory in SD 01 Suwaduk Pati  $p = 0.014$  ( $p < 0.05$ ) and there was significant difference from giving aerobics ( low impact) in the control group and the intervention  $p = 0.016$  ( $p < 0.05$ ).

**Keywords:** Short-term memory, aerobics (low impact), the development of school children

**Bibliography:** 50 (1954-2012)