

ABSTRAK

Pengaruh Senam Otak Terhadap Fungsi Kognitif Lansia Di Panti Griya Wreda Jambangan Surabaya

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Latar Belakang : Kognitif adalah kemampuan berfikir dalam rasional termasuk proses mengingat, menilai, orientasi, persepsi, dan mempertahankannya. Dampak ketika lansia mengalami penurunan kognitif jika tidak di tangani dengan segera maka bisa terkena demensia dan fungsi kognitif berpengaruh terhadap tingkat kemandirian. Salah satu cara untuk meningkatkan fungsi kognitif pada lansia yaitu *brain gym* atau senam otak. Tujuan : Mengetahui pengaruh senam otak terhadap fungsi kognitif lansia di panti Griya Wreda Jambangan Surabaya.

Metode : Penelitian ini menggunakan metode berjenis Pre-Eksperimen *One-Group with pretest posttest* . Sampel penelitian ini adalah lansia yang tinggal di panti Griya Wreda Jambangan Surabaya sebanyak 76 lansia dipilih menggunakan teknik *purposive sampling*. Senam Otak sebagai variabel independent. Fungsi Kognitif sebagai variabel dependent diukur menggunakan lembar observasi *Mini Mental State Examination (MMSE)*. Data di analisis memakai uji Wilcoxon dengan $\alpha = 0,05$.

Hasil : Hasil penelitian nilai p value 0,00 sehingga kurang dari α (0,05). Dengan demikian, H₀ ditolak dan H₁ diterima yang artinya terdapat pengaruh senam otak terhadap peningkatan fungsi kognitif lansia di panti Griya Wreda Jambangan Surabaya.

Kesimpulan : Senam otak berpengaruh terhadap fungsi kognitif lansia. Dengan demikian salah satu upaya untuk meningkatkan kemampuan kognitif lansia dapat dilaksanakan dengan terapi nonfarmakologis yaitu senam otak.

Kata Kunci : Senam Otak, *Fungsi Kognitif*, Mini Mental State Examination (*MMSE*).

ABSTRACT

The Effect of Brain Gymnastics on Elderly Cognitive Function
At Griya Wreda Jambangan Surabaya Nursing Home

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Introduction : *Cognitive is the ability to think rationally including the process of remembering, assessing, orientation, perception, and maintaining it. The impact when the elderly experience cognitive decline if not handled immediately can be affected by dementia and cognitive function affects the level of independence. One way to improve cognitive function in the elderly is brain gym or brain exercise. Objective : Determine the effect of brain exercises on cognitive function of the elderly at Griya Wreda Jambangan Surabaya..*

Methods : *This study used a One-Group Pre-Experiment with pretest posttest type method. The sample of this study was the elderly who lived in Griya Wreda Jambangan Surabaya as many as 76 elderly selected using purposive sampling technique. Brain Gymnastics as an independent variable. Cognitive function as the dependent variable was measured using the Mini Mental State Examination (MMSE) observation sheet. Data were analyzed using the Wilcoxon test with $\alpha = 0.05$.*

Results : *The results of the study p value 0.00, so it is less than α (0.05). Thus, H_0 is rejected and H_1 is accepted, which means that there is an effect of brain gymnastics on the cognitive function of the elderly at Griya Wreda Jambangan Surabaya.*

Conclusion : *Brain gymnastics affects the cognitive function of the elderly. Thus, one of the efforts to improve the cognitive abilities of the elderly can be carried out with non-pharmacological therapy, namely brain exercises.*

Keyword : *Brain Gymnastics, Cognitive Function, Mini Mental State Examination (MMSE).*