

**SKRIPSI**

**HUBUNGAN FUNGSI KOGNITIF DENGAN TINGKAT KEMANDIRIAN  
*ACTIVITY DAILY LIVING* (ADL) PADA LANSIA DI PANTI SOSIAL  
TRESNA WERDHA SABAI NAN ALUIH SICINCIN  
PADANG PARIAMAN**

**Penelitian Keperawatan Gerontik**



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**Hubungan Fungsi Kognitif dengan Tingkat Kemandirian *Activity Daily Living*  
(ADL) pada Lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin  
Padang Pariaman**

**ABSTRAK**

Seiring bertambahnya usia akan menyebabkan terjadinya penurunan fungsi kognitif yang mengakibatkan terjadinya penurunan persepsi, sensori, dan respon motorik pada sistem saraf pusat sehingga mengakibatkan lansia kesulitan dalam melakukan *Activity Daily Living* (ADL) untuk kebutuhan hidupnya. Penelitian ini bertujuan untuk mengetahui hubungan fungsi kognitif dengan tingkat kemandirian *activity daily living* (ADL) pada lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman. Penelitian ini merupakan penelitian kuantitatif menggunakan pendekatan *cross-sectional* dengan alat ukur kuesioner *Mini Mental Status Examination* dan *Indeks Barthel*. Sampel penelitian ini adalah lansia yang berada di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman sejumlah 70 responden yang dipilih dengan menggunakan teknik *Total Sampling*. Data diolah menggunakan uji *Chi Square*. Hasil penelitian ini menunjukkan adanya hubungan bermakna antara fungsi kognitif dengan tingkat kemandirian *activity daily living* (ADL) pada lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman dengan *p-value = 0.000*. Saran kepada pihak institusi pelayanan sosial agar membantu lansia saling bersosialisasi dan selalu mengadakan kegiatan yang bersifat kelompok dan juga kegiatan seperti membaca, mendengarkan berita dan cerita melalui media, kegiatan mengisi teka teki silang (TTS) serta senam otak (*brain gym*) sehingga mampu mempertahankan bahkan meningkatkan kemampuan fungsi kognitif lansia agar tingkat kemandirian *Activity Daily Living* (ADL) pada lansia tetap terjaga.

Kata Kunci : Lansia, Fungsi Kognitif, Kemandirian, *Activity Daily Living* (ADL)

Daftar Pustaka : 87 (2005-2022)

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*The Relationship between Cognitive Function and the Level of Independence in Activity Daily Living (ADL) in the Elderly at Tresna Werdha Sabai Nan Aluih Sicincin Social Institution, Padang Pariaman*

**ABSTRACT**

With increasing age, it will cause a decrease in cognitive function which results in a decrease in perception, sensory, and motor responses in the central nervous system, resulting in the elderly having difficulty in doing Activity Daily Living (ADL) for their daily needs. This study aims to determine the relationship between cognitive function and the level of independence of activity daily living (ADL) in the elderly at the Tresna Werdha Sabai Nan Aluih Sicincin Social Institution, Padang Pariaman. This study is a quantitative study using a cross-sectional approach with a questionnaire measuring the Mini Mental Status Examination and the Barthel Index. The sample of this study was the elderly who were in the Tresna Werdha Sabai Nan Aluih Sicincin Social Institution, Padang Pariaman, with a total of 70 respondents who were selected using the Total Sampling technique. The data was processed using the Chi Square test. The results of this study indicate that there is a significant relationship between cognitive function and the level of independence of activity daily living (ADL) in the elderly at the Tresna Werdha Sabai Nan Aluih Sicincin Social Institution in Padang Pariaman with  $p\text{-value} = 0.000$ . Suggestions to social service institutions to help the elderly socialize with each other and always hold group activities as well as activities such as reading, listening to news and stories through the media, activities to fill out crossword puzzles (TTS) and brain gym so that they can maintain even improve the cognitive function of the elderly so that the level of independence of Activity Daily Living (ADL) in the elderly is maintained

**Keywords:** *Elderly, Cognitive Function, Independence, Activity Daily Living (ADL)*

**Bibliography:** 87 (2005-2022)