

SKRIPSI

**HUBUNGAN ANTARA FUNGSI KOGNITIF DENGAN KUALITAS
HIDUP PADA LANSIA DI PANTI SOSIAL TRESNA
WERDHA SABAI NAN ALUIH SICINCIN
PADANG PARIAMAN**

Penelitian Keperawatan Gerontik



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**Hubungan Antara Fungsi Kognitif dengan Kualitas Hidup
Pada Lansia di Panti Sosial Tresna Werdha Sabai Nan
Aluih Sicincin Padang Pariaman**

ABSTRAK

Penuaan yang terjadi pada lansia menyebabkan banyak kemunduran yang dialami, termasuk fungsi kognitif. Fungsi kognitif yang tidak dapat berfungsi maksimal akan mempengaruhi aktivitas sehari-hari dan berdampak pada kualitas hidup lansia. Tujuan penelitian ini untuk mengetahui hubungan serta arah dan kekuatan hubungan fungsi kognitif dengan kualitas hidup lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman. Desain penelitian ini menggunakan desain korelasi dengan pendekatan *cross sectional* dengan alat ukur kuesioner *Mini Mental Status Exam* (MMSE) dan *WHOQoL-BREF*. Sampel penelitian ini adalah lansia yang tinggal di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman sebanyak 70 responden yang dipilih berdasarkan kriteria inklusi dan eksklusi yang sudah ditetapkan. Data diolah menggunakan uji *Korelasi Spearman Rank*. Hasil penelitian ini menunjukkan adanya hubungan yang bermakna antara fungsi kognitif dengan kualitas hidup dengan kekuatan lemah dan arah korelasi positif ($p=0,009$ $r=0,312$). Saran kepada pihak institusi agar dapat mengadakan program latihan senam otak, terapi manajemen stress, kegiatan olahraga, sering mengadakan kegiatan yang bersifat kelompok, mengadakan kegiatan yang melatih aktivitas fisik lansia agar otak tidak beristirahat terus-menerus sehingga dapat mempertahankan fungsi kognitif dan kualitas hidup lansia.

Kata Kunci : Fungsi Kognitif, Kualitas Hidup, Lansia

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*The Relationship Between Cognitive Function and Quality
of Life in the Elderly at Tresna Werdha Sabai Nan Aluih
Sicincin Social Institution Padang Pariaman*

ABSTRACT

Aging that occurs in the elderly causes many declines experienced, including cognitive function. Cognitive function that cannot function optimally will affect daily activities and have an impact on the quality of life of the elderly. The purpose of this study was to determine the relationship as well as the direction and strength of the relationship between cognitive function and the quality of life of the elderly at the Tresna Werdha Sabai Nan Aluih Sicincin orphanage, Padang Pariaman. The design of this study used a correlation design with a cross sectional approach with the Mini Mental Status Exam (MMSE) and WHOQoL-BREF as measuring instruments. The sample of this research is the elderly who live in the Tresna Werdha Sabai Nan Aluih Sicincin Social Institution, Padang Pariaman as many as 70 respondents who were selected based on the inclusion and exclusion criteria that have been set.. The data was processed using the Spearman Rank Correlation test. The results of this study indicate that there is a significant relationship between cognitive function and quality of life with weak strength and positive correlation direction ($p = 0.009$ $r = 0.312$). Suggestions to the institution are to be able to hold brain exercise training programs, stress management therapy, sports activities, often hold group activities, hold activities that train the elderly's physical activity so that the brain does not rest continuously so that it can maintain cognitive function and the quality of life of the elderly. Suggestions to the institution are to be able to hold brain exercise training programs, stress management therapy, sports activities, often hold group activities, hold activities that train the elderly's physical activity so that the brain does not rest continuously so that it can maintain cognitive function and the quality of life of the elderly.

Keywords : Cognitive Function, Quality of Life, Elderly

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