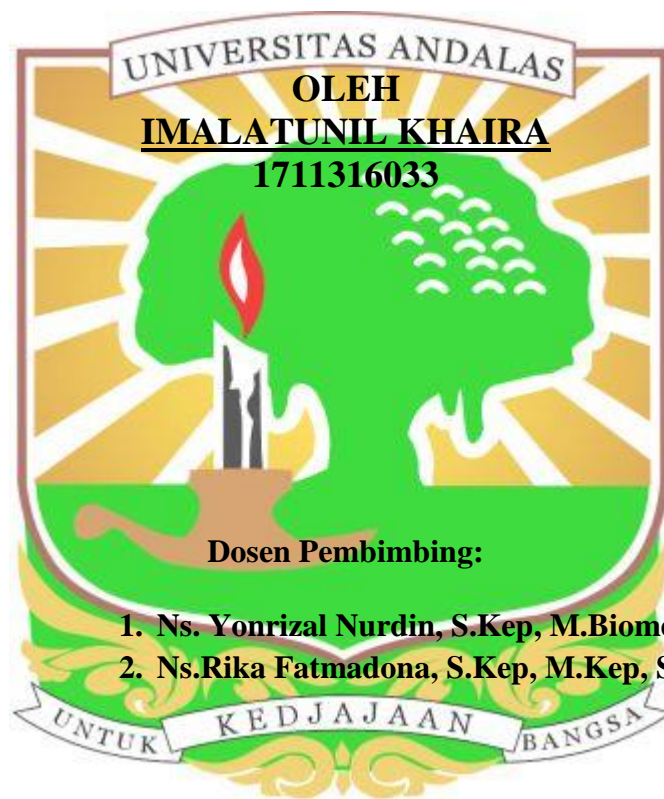


**PENGARUH BRAIN GYM TERHADAP FUNGSI KOGNITIF LANSIA
DI POSYANDU PANDAN WANGI KOTA SOLOK
TAHUN 2018**



**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
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**FAKULTAS KEPERAWATAN
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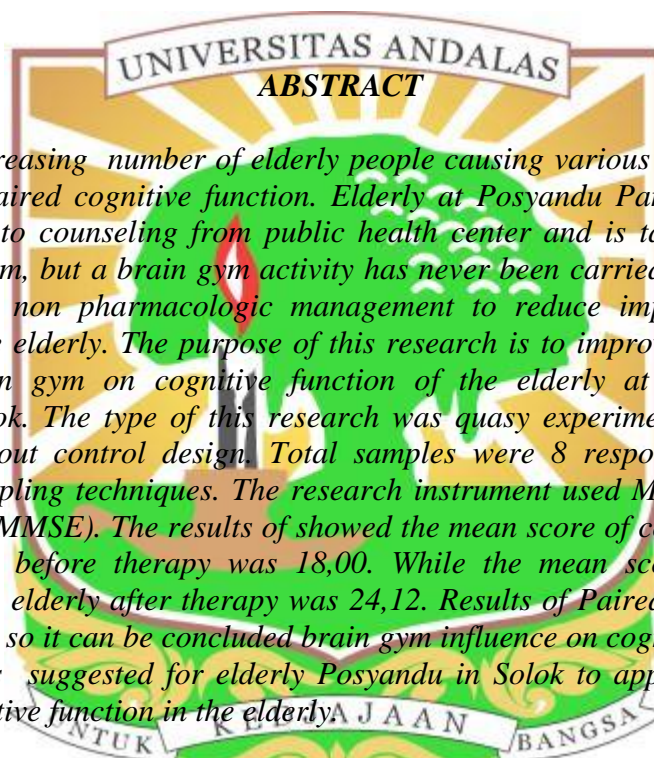
Peningkatan jumlah lansia menyebabkan munculnya berbagai masalah kesehatan diantaranya adalah gangguan fungsi kognitif. Lansia di Posyandu Pandan Wangi sudah terpapar dengan penyuluhan dari petugas kesehatan serta mengikuti program lansia namun kegiatan berupa *brain gym* belum pernah dilaksanakan. *Brain gym* merupakan salah satu penatalaksanaan nonfarmakologis untuk mengurangi gangguan fungsi kognitif pada lansia. Penelitian ini dilakukan untuk mengetahui pengaruh *brain gym* terhadap fungsi kognitif lansia di Posyandu Pandan Wangi Kota Solok. Jenis penelitian ini adalah *quasy experiment* dengan pendekatan *pre and post test without control design*. Jumlah sampel penelitian adalah 8 responden dengan teknik pengambilan sampel secara *screening*. Instrument penelitian ini menggunakan kuesioner *Mini Mental State Examination* (MMSE). Hasil penelitian ini menunjukkan rata-rata skor fungsi kognitif lansia sesudah diberikan terapi adalah 18,00. Sedangkan rata-rata skor fungsi kognitif lansia sesudah diberikan terapi adalah 24,12. Hasil uji *Paired t Test* didapatkan nilai $p \leq 0,05$ sehingga dapat disimpulkan bahwa ada pengaruh *brain gym* terhadap fungsi kognitif lansia. Disarankan kepada Posyandu lansia yang ada di kota Solok untuk menerapkan *brain gym* dalam meningkatkan fungsi kognitif pada lansia.

Kata kunci : lansia, fungsi kognitif, *brain gym*
Daftar Pustaka : 42 (2004-2018)

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***The Effect of Brain Gym on Cognitive Function
of the Elderly at Posyandu Pandan Wangi Solok***



An increasing number of elderly people causing various health problems including impaired cognitive function. Elderly at Posyandu Pandan Wangi has been exposed to counseling from public health center and is taking part in an elderly program, but a brain gym activity has never been carried out. Brain gym is one of the non pharmacologic management to reduce impaired cognitive function in the elderly. The purpose of this research is to improve determine the effect of brain gym on cognitive function of the elderly at Pandan Wangi Posyandu Solok. The type of this research was quasy experiment with pre and post test without control design. Total samples were 8 respondents by using screening sampling techniques. The research instrument used Mini Mental State Examination (MMSE). The results of showed the mean score of cognitive function in the elderly before therapy was 18,00. While the mean score of cognitive function in the elderly after therapy was 24,12. Results of Paired t Test obtained p-value ≤ 0.05 so it can be concluded brain gym influence on cognitive function in elderly. It was suggested for elderly Posyandu in Solok to apply brain gym to improve cognitive function in the elderly.

**Keyword : elderly, cognitive function, brain gym
Bibliography : 42 (2004-2018)**