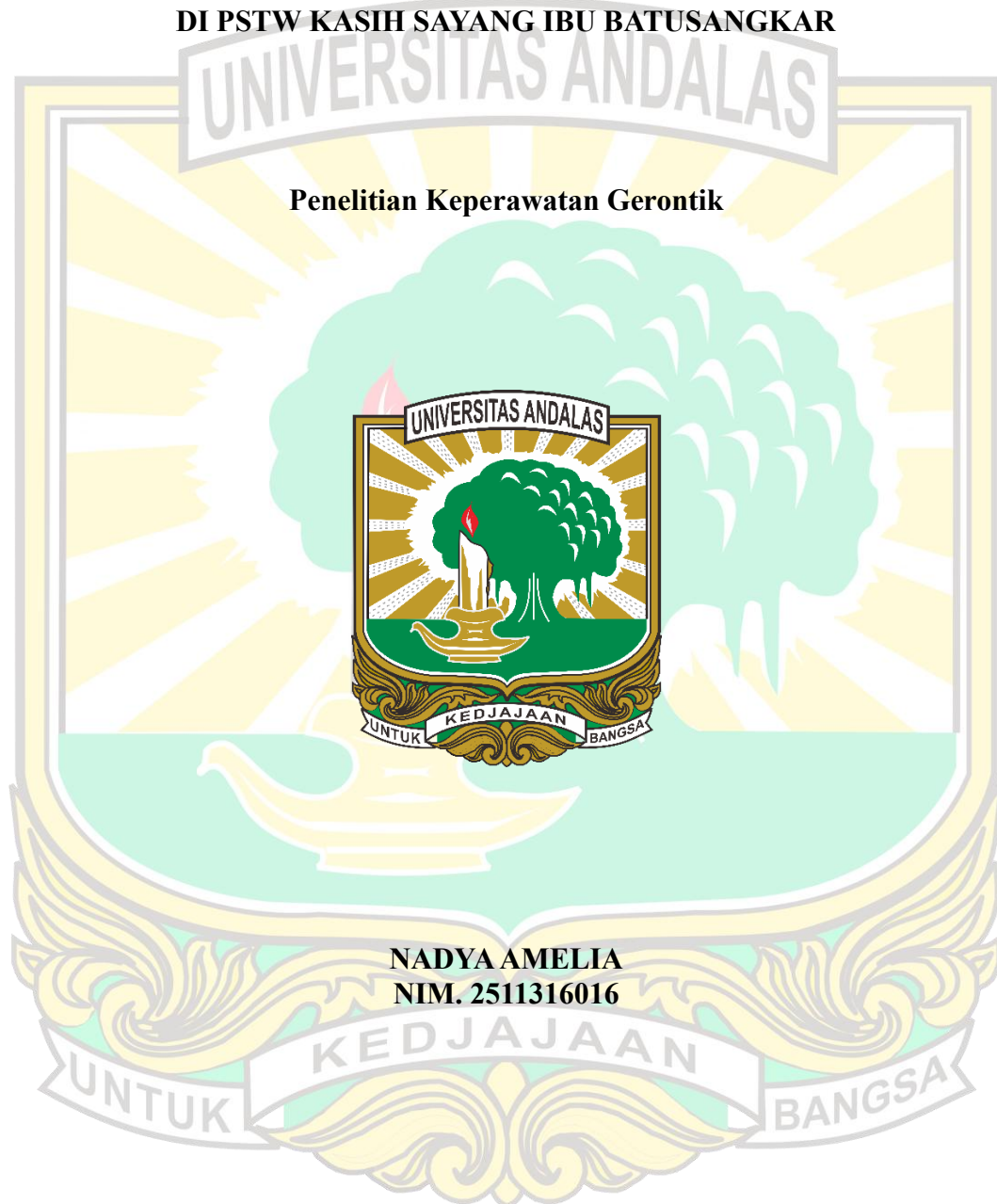


SKRIPSI

**HUBUNGAN FUNGSI KOGNITIF DAN TINGKAT AKTIVITAS FISIK
DENGAN GANGGUAN KESEIMBANGAN POSTURAL LANSIA
DI PSTW KASIH SAYANG IBU BATUSANGKAR**



**NADYA AMELIA
NIM. 2511316016**

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2026**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
JULI 2026

Nama : Nadya Amelia
NIM : 2511316016

Hubungan Fungsi Kognitif Dan Tingkat Aktivitas Fisik Dengan Gangguan
Keseimbangan Postural Lansia Di PSTW Kasih Sayang Ibu Batusangkar

ABSTRAK

Gangguan keseimbangan postural pada lansia perlu mendapat perhatian karena dapat meningkatkan risiko jatuh dan menurunkan kemandirian. Fungsi kognitif dan tingkat aktivitas fisik merupakan faktor yang berkaitan dengan kemampuan lansia dalam mempertahankan keseimbangan postural. Penelitian ini bertujuan mengetahui hubungan fungsi kognitif dan tingkat aktivitas fisik dengan gangguan keseimbangan postural lansia di PSTW Kasih Sayang Ibu Batusangkar. Penelitian menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 61 lansia yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan kuesioner *Mini Mental State Examination* (MMSE), *Physical Activity Scale For The Elderly* (PASE), dan *Berg Balance Scale* (BBS). Data dianalisis secara univariat dan bivariat menggunakan uji *chi-square*. Hasil penelitian menunjukkan responden memiliki fungsi kognitif normal (34,4%), aktivitas fisik sedang (42,6%), dan gangguan keseimbangan sedang (39,3%). Analisis bivariat menunjukkan terdapat hubungan yang signifikan antara fungsi kognitif dengan gangguan keseimbangan postural ($p=0,000$) serta antara tingkat aktivitas fisik dengan gangguan keseimbangan postural ($p=0,000$). Disimpulkan bahwa fungsi kognitif dan tingkat aktivitas fisik berhubungan dengan gangguan keseimbangan postural lansia. Diharapkan pihak PSTW memberikan stimulasi kognitif yang berfokus pada latihan perhatian, konsentrasi, dan perhitungan sederhana, serta memberikan latihan keseimbangan secara bertahap dan disesuaikan dengan kemampuan lansia untuk membantu mempertahankan keseimbangan dan mencegah risiko jatuh.

Kata Kunci : Gangguan keseimbangan postural, fungsi kognitif, tingkat aktivitas fisik, lansia

Daftar Pustaka : 87 (1989-2025)

FACULTY OF NURSING
ANDALAS UNIVERSITY
JULY 2026

Name : Nadya Amelia
NIM : 2511316016

*The Relationship between Cognitive Function and Physical Activity Level with
Postural Balance Disorders in the Elderly in PSTW Compassion of Mrs.
Batusangkar*

ABSTRACT

Postural balance disorders in older adults require attention because they may increase the risk of falls and reduce independence. Cognitive function and physical activity level are factors associated with the ability of older adults to maintain postural balance. This study aims to determine the relationship between cognitive function and physical activity level with postural balance disorders of the elderly in PSTW Kasih Sayang Ibu Batusangkar. The study used a quantitative design with a cross-sectional approach. The research sample amounted to 61 elderly people who were selected using purposive sampling techniques. Data collection was carried out using Mini Mental State Examination (MMSE), Physical Activity Scale For The Elderly (PASE), and Berg Balance Scale (BBS) questionnaires. The data were analyzed univariate and bivariate using chi-square tests. The results showed that the respondents had normal cognitive function (34.4%), moderate physical activity (42.6%), and moderate balance disorders (39.3%). Bivariate analysis showed a significant relationship between cognitive function and postural balance disorder ($p=0.000$) and between physical activity level and postural balance disorder ($p=0.000$). It was concluded that cognitive function and physical activity level were associated with postural balance disorders among older adults. It is recommended that PSTW provide cognitive stimulation focusing on attention, concentration, and simple calculation exercises, as well as gradual balance exercises adjusted to the abilities of older adults to help maintain postural balance and prevent the risk of falls.

Keywords : Impaired postural balance, cognitive function, physical activity level, elderly

Bibliography : 87 (1989-2025)