

SKRIPSI

**HUBUNGAN FUNGSI KOGNITIF DENGAN GANGGUAN KESEIMBANGAN
POSTURAL PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA
SABAI NAN ALUIH SICINCIN PADANG PARIAMAN**

Penelitian Keperawatan Gerontik



**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
JULI 2021**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
SKRIPSI, JULI 2021
Nama : Tiya Rama Fitri
NIM : 1711311004

Hubungn Fungsi Kognitif dengan Gangguan Keseimbangan Postural pada Lansia
di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman

ABSTRAK

Penurunan fungsi kognitif merupakan dampak dari menua yang mengakibatkan penurunan persepsi, sensori, dan respon motorik pada sistem saraf pusat yang menyebabkan gangguan keseimbangan postural. Saat ini 31-48% lansia mengalami kejadian jatuh akibat gangguan keseimbangan postural, sehingga lansia mengalami peningkatan kecemasan, dan perhatian khusus saat beraktivitas. Penelitian ini bertujuan untuk mengetahui hubungan fungsi kognitif dengan gangguan keseimbangan postural lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman. Desain penelitian menggunakan desain korelasi dengan pendekatan *cross-sectional* dengan alat ukur kuesioner *Mini Mental Status Exam* dan *Berg Balance Scale*. Sampel penelitian ini adalah lansia yang berada di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman sejumlah 52 responden yang dipilih dengan menggunakan teknik *simple random sampling*. Data diolah menggunakan uji *chi square*. Hasil penelitian ini didapatkan hubungan bermakna antara fungsi kognitif dengan gangguan keseimbangan postural pada lansia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman, dengan *p-value*=0.000. Saran kepada pihak institusi berdasarkan hasil penelitian yaitu agar memperhatikan metode atau cara yang efektif dalam meningkatkan fungsi kognitif lansia agar kejadian gangguan keseimbangan postural menurun.

Kata kunci: Fungsi Kognitif, Gangguan Keseimbangan, Lansia

Daftar Pustaka: 53 (2002-2021)

FACULTY OF NURSING
ANDALAS UNIVERSITY
SKRIPSI, JULY 2021

Name : Tiya Rama Fitri
Registered Number : 1711311004

Correlation between Cognitive Function and Postural Balance Disorders in the Elderly at Tresna Werdha Sabai Nan Aluih Sicincin Social Institution Padang Pariaman

ABSTRACT

The decline in cognitive function is the impact of ageing, which results in a decrease in perception, sensory, and motor responses in the central nervous system and causes postural balance disorders. Currently, 31-48% of the elderly experience falls due to postural balance disorders, which cause the elderly to experience increased anxiety and require special attention during activities. This study aims to determine the relationship between cognitive function and postural balance disorders in the elderly at the Tresna Werdha Sabai Nan Aluih Sicincin Social Institution, Padang Pariaman. The research design used a correlation design with a cross-sectional approach with the Mini-Mental Status Exam and Berg Balance Scale as measuring instruments. 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 52 respondents who were selected using simple random sampling. Data using chi-square test. This study found a significant relationship between cognitive function and postural balance disorders in the elderly at Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman Social Institution, with a p-value = 0.000. Suggestions to the institution based on the results of the study are to pay attention to effective methods or ways in improving the cognitive function of the elderly so that the incidence of postural balance disorders decreases.

Keywords: Cognitive Function, Postural Balance Disorders, Elderly

Bibliography: 53 (2002-2021)