

**PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN
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**PENGARUH SENAM OTAK (*BRAIN GYM*) TERHADAP PENINGKATAN
FUNGSI KOGNITIF LANSIA DI PANTI TRESNA WERDHA PROVINSI
JAMBI**

Xiv + 44 Halaman, 6 tabel, 2 skema, 12 lampiran

ABSTRAK

Latar Belakang : Salah satu tantangan utama yang sering dihadapi lansia adalah penurunan fungsi kognitif dan psikomotorik. Seperti belajar, persepsi, pemahaman, pengertian, perhatian, dan fungsi kognitif lainnya. Senam otak berperan dalam memperkuat kemampuan kognitif yang masih dimiliki oleh lansia. Melalui latihan yang dilakukan secara rutin, proses penurunan daya ingat dapat dicegah, sekaligus membantu mempertahankan kualitas hidup dengan mengoptimalkan potensi yang ada.

Metode : Penelitian ini merupakan penelitian quasi eksperimen dengan rancangan *one group pre test and post test* yang dilakukan untuk mengetahui pengaruh senam otak (*brain gym*) terhadap peningkatan fungsi kognitif lansia di Panti Tresna Werdha Provinsi Jambi. Populasi di Panti Tresna Werdha Provinsi Jambi berjumlah 65 lansia. Dengan sampel yang diambil dari populasi yang sesuai kriteria inklusi yaitu sebesar 30 responden. Teknik pengambilan sampel adalah *purposive sampling*. Pengumpulan data menggunakan kuesioner *Mini-Mental State Examination* (MMSE). kemudian data terkumpul dan dilakukan dengan uji Analisis bivariat dengan uji *Shapiro Wilk test* untuk melihat *pre - test* dan *post - test* setelah dilakukan uji normalitas *Uji paired T-Test*.

Hasil: Hasil uji statistik paired sample T-Test menunjukkan bahwa perbandingan Peningkatan Fungsi Kognitif Lansia di Panti Tresna Werdha Provinsi Jambi dengan *P* (Sig. 2-tailed): $0,000 < \alpha$ (0.05).

Kesimpulan: Senam otak merupakan aktivitas yang dapat meningkatkan kemampuan dan fungsi kognitif pada lansia.

Kata Kunci: lansia, fungsi kognitif, senam otak (*brain gym*)

Daftar Pustaka 21 (1998-2024)

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**THE EFFECT OF BRAIN GYM ON IMPROVING THE COGNITIVE
FUNCTION OF THE ELDERLY IN THE TRESNA WERDHA CENTER,
JAMBI PROVINCE**

Xiv + 44 Pages, 6 tables, 2 schemes, 12 appendices

ABSTRACT

Background: One of the main challenges often faced by the elderly is the decline in cognitive and psychomotor functions. Such as learning ability, perception, understanding, comprehension, attention, and other cognitive functions. Brain gymnastics plays a role in strengthening cognitive abilities that are still possessed by the elderly. Through regular exercise, the process of memory loss can be prevented, while helping to maintain quality of life by optimizing existing potential.

Method: This study is a quasi-experimental study with one group pre-test and post-test design which was conducted to determine the effect of brain gymnastics (brain gym) on improving cognitive function in the elderly at Panti Tresna Werdha, Jambi Province. The population at Panti Tresna Werdha, Jambi Province is 65 people. With samples taken from the population that meets the inclusion criteria, namely 30 respondents. The sampling technique is purposive *sampling*. Data collection using the Mini Mental State Examination (MMSE) questionnaire. then the data was collected and a bivariate analysis test was carried out with the Shapiro Wilk test to see the pre-test and post-test after which a normality test was carried out, namely the Paired T-Test.

Results: The results of the Paired Sample T-Test statistical test show that the comparison of the Improvement of Cognitive Function of the Elderly at the Panti Tresna Werdha, Jambi Province p (Sig. 2-tailed): $0.000 < \alpha$ (0.05).

Conclusion: Brain gymnastics is an activity that can improve abilities and cognition in the elderly.

Keywords: elderly, cognitive function, brain gym
Bibliography 21 (1998-2024).