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GAMBARAN FUNGSI KOGNITIF PADA LANSIA MENGGUNAKAN *MINI-MENTAL STATE EXAMINATION (MMSE)* DI KELURAHAN KAUMAN KIDUL SALATIGA

ABSTRAK

Latar Belakang : Salah satu proses alami fase perkembangan lansia adalah gangguan mental. Gangguan mental berupa penurunan fungsi kognitif meliputi persepsi, berfikir, disorientasi terhadap waktu dan tempat serta sulit menerima ide baru. Peran perawat dalam hal ini adalah melakukan skrining kesehatan untuk mendeteksi dini kesehatan mental pada lansia.
Tujuan : Tujuan dari penelitian ini untuk mengetahui hasil analisis fungsi kognitif lansia menggunakan *Mini-Mental State Examination (MMSE)* di Kelurahan Kauman Kidul Kota Salatiga.
Metode : Desain penelitian ini menggunakan metode deskriptif dengan pendekatan *deskriptif analitik.* Pengambilan sampel menggunakan *proportional random sampling* didapatkan sampel sebanyak 203 responden. Pengambilan data menggunakan instrumen *Mini-Mental State Examination (MMSE)* dengan nilai validitas r: 0.776 dan reabilitas r: 0,827.
Hasil : Hasil penelitian didapatkan lansia dengan fungsi kognitif normal sebanyak 124 responden, gangguan kognitif ringan sebanyak 74 responden, gangguan kognitif sedang sebanyak 5 responden.
Kesimpulan : Hasil penelitian didapatkan jumlah lansia dengan fungsi kognitif normal lebih banyak dibanding lansia yang mengalami penurunan fungsi kognitif, hal itu dikarenakan lansia dalam penelitian ini didominasi oleh lansia muda. Namun demikian, lansia yang mengalami penurunan kognitif memang tidak dapat dihindari karena bisa saja karena perubahan fisiologis struktur otak yang terjadi secara normal seiring bertambahnya usia.
Saran : Lansia diharapkan untuk mengubah dan mempertahankan gaya hidup yang aktif serta mengikuti aktivitas tertentu sepanjang hidup untuk mencegah penurunan fungsi kognitif dan bagi keluarga diharapkan dapat memberikan dukungan emosional berupa perhatian khusus kepada lansia untuk mencegah gangguan fungsi kognitifnya.

Kata kunci : *Fungsi Kognitif, Lansia, Mini-Mental State Examination (MMSE)*

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DESCRIPTION OF COGNITIVE FUNCTION IN THE ELDERLY USING MINI-MENTAL STATE EXAMINATION (MMSE) IN KAUMAN KIDUL SALATIGA VILLAGE

ABSTRACT

Background: One of the natural processes of the development phase of the elderly is mental disorders. Mental disorders in the form of cognitive function decline include perception, thinking, disorientation to time and place and difficulty accepting new ideas. The role of nurses in this case is to conduct health screening to detect early mental health in the elderly.
Objective: The purpose of this study is to determine the results of cognitive function analysis of the elderly using Mini-Mental State Examination (MMSE) in Kauman Kidul Village, Salatiga City.
Method: This research design uses a descriptive method with a descriptive analytical approach. Sampling using proportional random sampling obtained a sample of 203 respondents. Data collection using Mini-Mental State Examination (MMSE) instrument with validity value r: 0.776 and reliability r: 0.827.
Results: The results of the study were obtained elderly with normal cognitive function as many as 124 respondents, mild cognitive impairment as many as 74 respondents, moderate cognitive impairment as many as 5 respondents.
Conclusion: The results of the study found that the number of elderly with normal cognitive function was more than the elderly who experienced a decline in cognitive function, it was because the elderly in this study were dominated by young elderly. However, the elderly who experience cognitive decline cannot be avoided because it could be due to physiological changes in brain structure that occur normally with age.
Advice: The elderly are expected to change and maintain an active lifestyle and follow certain activities throughout life to prevent cognitive function decline and for families are expected to provide emotional support in the form of special attention to the elderly to prevent impaired cognitive function.

Keywords : *Cognitive Function, Elderly, Mini-Mental State Examination (MMSE)*