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**PENGARUH *MEMORY TRAINING* TERHADAP FUNGSI KOGNITIF  
PADA LANSIA DI KELURAHAN CANDIREJO UNGARAN BARAT**

**ABSTRAK**

Penurunan fungsi kognitif pada lansia di Kelurahan Candirejo, banyak berada dalam gangguan fungsi kognitif ringan, oleh karena itu perlu dilakukan *memory training* sebagai upaya untuk meningkatkan fungsi kognitif lansia dengan memanipulasi proses belajar menggunakan prinsip-prinsip penyandian memori jangka pendek/panjang sehingga dapat mempermudah penyimpanan informasi. Tujuan penelitian untuk mengetahui pengaruh *memory training* terhadap fungsi kognitif pada lansia.

Desain penelitian menggunakan *quasy experiment*, dengan pendekatan *pretest-posttest control group design*. Teknik sampling menggunakan *purposive sampling*. Populasi penelitian adalah lansia di Kelurahan Candirejo sejumlah 276 orang. Dengan sampel penelitian 28 responden, yang dibagi menjadi 14 kelompok intervensi dan 14 kelompok kontrol. Alat ukur yang digunakan adalah MMSE. Penelitian ini dilakukan selama 2 minggu, 4 kali pertemuan dan setiap pertemuan selama 15 menit.

Hasil penelitian menunjukkan bahwa fungsi kognitif lansia setelah diberikan *memory training* pada kelompok intervensi didapatkan fungsi kognitif normal sebanyak 3 orang (21,4%) dan gangguan ringan sebanyak 11 orang (78,6%). Ada pengaruh *memory training* terhadap fungsi kognitif pada lansia di Kelurahan Candirejo Ungaran Barat, dengan nilai *p-value* 0,001.

**Kata kunci :** *memory training*, fungsi kognitif lansia

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**THE EFFECT OF MEMORY TRAINING TOWARD COGNITIVE  
FUNCTION IN ELDERLY PEOPLE AT CANDIREJO VILLAGE OF  
WEST UNGARAN**

**ABSTRACT**

Decreased cognitive functions in the elderly people in Candirejo Village, is mostly in mild cognitive impairment, therefore it is necessary to do memory training as an effort to improve the cognitive functions of the elderly by manipulating the learning process using the principles of encoding short / long term memory so as to facilitate the storage of information. The purpose of this research was to determine the effect of memory training on cognitive functions in the elderly people.

Type of study design was quasy experiment, with the approach of pretest-posttest control group design. Sample technique used purposive sampling. The study population was elderly in Candirejo with a total of 276 people. The samples of 28 respondents were divided into 14 people in intervention and 14 people in control group. Measuring instrument used the MMSE. This research was conducted for 2 weeks, 4 meetings and each meeting for 15 minutes.

The results of this study showed that the cognitive functions of the elderly people was mostly mild impairment as many as 14 respondents (100%) in the intervention group and 11 respondents (78.6%) in the control group. After being given memory training, in the intervention group obtained normal cognitive functions as many as 3 people (21.4%) and mild impairment of 11 people (78.6%). The independent t-test results obtained p-value of  $0.001 < \alpha (0.05)$ . There is an effect of memory training on cognitive function in the elderly in Candirejo Ungaran Barat Village, with a p-value of 0.001.

**Keywords :** memory training, Cognitive function of elderly people