

Fakultas Keperawatan Universitas Ngudi Waluyo
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“Pengaruh *Brain Gym* Terhadap Penurunan Demensia Di Posyandu Lanjut Usia (Lansia) di desa Wonoyoso Kecamatan Pringapus Kabupaten Semarang”

(xvii+ 68 halaman + 6 tabel+ 2 gambar+ lampiran)

ABSTRAK

Latar belakang : Proses menua dan usia lanjut merupakan proses alami yang dialami setiap orang. Hal yang terjadi pada lansia yaitu akan mengalami kemunduran penurunan fungsi kognitif. Dalam jangka panjang dampak dari penurunan fungsi kognitif yaitu demensia. Tindakan untuk mengatasi demensia antara lain yaitu *brain gym*. *Brain Gym* adalah gerakan-gerakan ringan dengan permainan melalui olah tangan dan kaki dapat memberikan rangsangan atau stimulus pada otak.

Tujuan penelitian: mengetahui pengaruh *Brain Gym* Terhadap Demensia Di Posyandu Lanjut Usia (Lansia) di desa Wonoyoso Kecamatan Pringapus Kabupaten Semarang

Desain penelitian: *Quasi Eksperiment Desaign* dengan rancangan *Non Equivalent Control Group*. Populasi pada penelitian ini adalah 253 lansia di Desa Wonoyoso Kecamatan Pringapus Kabupaten Semarang. Jumlah sampel sebesar 18 lansia dengan teknik *purposive sampling* dan pengambilan data menggunakan koesioner SPMSQ. Analisis data menggunakan *uji T independent*.

Hasil : Ada pengaruh *Brain Gym* terhadap penurunan tingkat Demensia Di Posyandu Lanjut Usia (Lansia) di desa Wonoyoso Kecamatan Pringapus Kabupaten Semarang $p\text{-value} < \alpha (0,05)$.

Saran : Diharapkan lansia dapat lebih teratur melakukan *brain gym* minimal 2 kali sehari selama 10-15 menit untuk menjaga fungsi otak dan meminimalisir terjadinya demensia dini

Kata kunci : *Brain Gym*, Demensia

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“The Effects of Brain Gym Decreased Dementia in the Elderly Posyandu (Elderly) in Wonoyoso village, Pringapus District, Semarang Regency”
(xix + 68 pages + 6 tables + 2 images + attachments)

ABSTRACT

Background: The process of aging and old age is a natural process experienced by everyone. Things that occur in the elderly will experience a decline in cognitive function. In the long term the impact of cognitive impairment is dementia. Actions to overcome dementia include a brain gym. Brain Gym is light movements with the game through the hands and feet can provide stimulation or stimulus to the brain.

Objective: This research out the the effect of Brain Gym Against Dementia in the Elderly Posyandu (Elderly) in Wonoyoso village, Pringapus District, Semarang Regency

Method: This study used a quantitative approach with a quasi experiment method with a non equivalent control group design. The population of 253 elderly. The samples were 18 respondent. used purposive sampling technique and collecting data with questionnaire SPMSQ. Data analysis using independent T test.

Results: There is an effect of Brain Gym on decreasing the level of Dementia in the Posyandu Seniors (Elderly) in Wonoyoso village, Pringapus District, Semarang Regency p-value < (0.05).

Suggestion: It is expected that the elderly can more regularly do a brain gym at least 2 times a day for 10-15 minutes to maintain brain function and minimize the occurrence of early dementia

Keywords: *Brain Gym*, Dementia