

ABSTRAK

Iin A. Blongkod. 2015. Pengaruh Senam Vitalisasi Otak Terhadap Peningkatan Kognitif Pada Lansia di Panti Sosial Tresna Werdha Ilomata Kota Gorontalo Tahun 2015. Skripsi, Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr.Zuhriana K. Yusuf, M.Kes dan Pembimbing II Andi Mursyidah, S.Kep, Ns.,M.Kes.

Senam vitalisasi otak adalah senam yang bertujuan mempertahankan kesehatan otak. Tujuan penelitian adalah untuk mengetahui pengaruh senam vitalisasi otak terhadap peningkatan kognitif pada lansia

Desain penelitian menggunakan quasi eksperimen dengan desain *non equivalent control group*. Populasi berjumlah 35 lansia. pengambilan sampel menggunakan *Total sampling*. sampel yang memenuhi kriteria *drop out* sebanyak 15 lansia, dan sampel yang terpilih sebanyak 20 lansia yang terdiri dari 10 orang kelompok perlakuan dan 10 orang kelompok kontrol. Untuk membandingkan kognitif responden sebelum dan setelah senam vitalisasi otak menggunakan *mini mental state examination (MMSE)* yang dianalisis dengan menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil penelitian didapatkan fungsi kognitif lansia sebelum senam pada kelompok intervensi frekuensi terbanyak adalah gangguan kognitif sedang 8 responden (80,0%) dan kognitif berat 2 responden (20,0%). Setelah senam pada kelompok intervensi kognitif menjadi normal dan pada kelompok kontrol tidak terjadi perubahan fungsi kognitif.

Kesimpulan terdapat Pengaruh Senam Vitalisasi Otak Terhadap Peningkatan Kognitif Pada Lansia di Panti Sosial Tresna Werdha Ilomata Kota Gorontalo Tahun 2015 (*p value* = 0.003). Saran untuk lansia yang sudah mengikuti senam, mampu menerapkan sebagai aktifitas rutin.

Kata Kunci : Senam Vitalisasi Otak, Fungsi Kognitif, Lansia.

ABSTRACT

Iin A. Blongkod. 2015. The Influence of Brain Vitalization Gymnastic toward the Increasing of Cognitive on Elderly at Panti Sosial Tresna Werdha Ilomata Kota Gorontalo in 2015. Skripsi, Department of Nursing, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was dr. Zuhriana K. Yusuf, M.Kes and the co-supervisor was Andi Mursyidah, S.Kep, Ns., M.Kes.

Brain Vitalization Gymnastic aimed at maintaining brain health. The research aimed at investigating the influence of brain vitalization gymnastic on elderly.

This research applied quasi experimental research with non equivalent control group. The population of research were 35 elderly. The technique of sampling was total sampling. The samples fulfilled the drop out criteria as 15 samples, thus, it had been chosen the samples as 20 elderly which divided into 10 in treatment group and 10 in control group. It was used mini mental state examination to compare respondents' cognitive before and after brain vitalization gymnastic which was analyzed using Wilcoxon signed rank test.

The research result showed that cognitive function of elderly before doing gymnastic on intervention group can be observed as follows: there were 8 respondents (80,0%) who experienced moderate cognitive disorders and there were 2 respondents (20,0%) who experienced heavy cognitive disorder. After doing gymnastic, the cognitive function became normal in intervention group, while there was no change of cognitive function in control group.

It can be concluded that there was influence of brain vitalization gymnastic toward the increasing of cognitive on elderly at Panti Sosial Tresna Werdha Ilomata Kota Gorontalo in 2015 (p value = 0.003). It is suggested that brain vitalization gymnastic becomes a part of elderly program in the house, and also this research can be used as a reference for further research by using different therapy.

Keywords: Brain Vitalization Gymnastic, Cognitive Function, Elderly

