

# Pengaruh latihan Senam Otak dan Art Therapy terhadap fungsi kognitif lansia dengan Demensia di PSTW Yogyakarta unit Budi Luhur dan Abiyoso = The effect of Brain Gym exercise and Art Therapy on the elderly's cognitive function with Dementia at PSTW Yogyakarta Unit Budi Luhur and Abiyoso

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## Abstrak

Sebagian besar lansia mengalami demensia dan penatalaksanaannya dapat dilakukan dengan cara farmakologi dan non farmakologi. Penelitian ini bertujuan untuk mengetahui pengaruh latihan senam otak dan art therapy terhadap fungsi kognitif lansia dengan demensia di PSTW Yogyakarta Unit Budi Luhur dan Unit Abiyoso Yogyakarta. Rancangan penelitian ini adalah Quasy Experimental Pre-Post Control Group Design. Responden dalam penelitian ini berjumlah 82 orang yang terbagi menjadi kelompok kontrol dan kelompok intervensi. Pengukuran fungsi kognitif lansia dengan demensia menggunakan Mini-Mental State Examination (MMSE). Pada kedua kelompok terjadi peningkatan fungsi kognitif namun pada kelompok intervensi lebih tinggi dibandingkan kelompok kontrol. Rekomendasi penelitian ini adalah penerapan latihan senam otak dan art therapy dapat dilakukan pada lansia.

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Most of elderly suffer from dementia. The management of dementia can be done through pharmacology and non pharmacology ways. This research was to identify the Influence of Brain Gym Exercise and Art Therapy on the Elderly's cognitive function with Dementia at PSTW Yogyakarta Unit Budi Luhur and Abiyoso Unit Yogyakarta. This research used a Quasy Experimental Pre-Post Control Group Design. The total of respondents in this research were 82 people who divided in to a control group and intervention group. The measurement of the Elderly's cognitive function was conducted on every Sunday using Mini-Mental State Examination (MMSE). Findings of the research was demonstrated that there is an improvement in the cognitive function for both group, even though, the intervention group is higher than the control group. Recommendation of this research is to implement the Brain Gym Exercise and Art Therapy for elderly not only for those who experience dementia but also for other elderly brain condition.