

Pengaruh senam gerak latih otak terhadap fungsi kognitif lansia di institusi = The effect of motion exercises to train the brain to cognitive function of elderly in institutions

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Abstrak

Lansia yang terus meningkat populasinya diharapkan memiliki kualitas hidup yang baik. Salah satunya dengan memelihara fungsi kognitif. Senam GLO dilakukan tiga kali seminggu, 30 menit per sesi mampu meningkatkan fungsi kognitif. Lansia di panti Cibubur belum melakukan senam GLO tiga kali seminggu. Tujuan penelitian untuk melihat pengaruh senam GLO terhadap fungsi kognitif lansia. Metode penelitian ini adalah eksperimen semu tanpa kontrol dengan intervensi senam GLO 30 menit per sesi, tiga kali seminggu selama satu bulan. Fungsi kognitif dinilai dengan Mini Mental State Examination (MMSE). Besar sampel 39 lansia dari populasi lansia di sasana sesuai kriteria inklusi. Uji statistik menggunakan paired t test. Hasil uji menunjukkan ada pengaruh intervensi terhadap fungsi kognitif dari mean MMSE = 22,95 (SD = 1,413) menjadi 27,95 dengan SD = 1,297 (p value= 0,000 < α = 0,05). Kesimpulannya, senam GLO 30 menit per sesi, tiga kali seminggu meningkatkan fungsi kognitif.

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The increasing number of elderly population is expected to have a good quality of life. One of them is maintaining cognitive function. GLO exercises that is done three times a week, 30 minutes per session can improve cognitive function. Elderly in nursing home Cibubur do not gymnastics GLO three times a week. The purpose of research was to look at the effect of exercise GLO on cognitive function of elderly. Methods this was a quasi-experimental study without control by GLO exercise 30 minutes per session, three times a week for one month. On Cognitive function was assessed by the Mini Mental State Examination (MMSE). A total number of 39 elderly is of in the nursing home fit the inclusion criteria. Statistical test using paired t test. The test results showed effect of the intervention on cognitive function of the mean MMSE = 22.95 (SD = 1.413) to 27.95 with SD = 1.297 (p value= 0.001 < α = 5%). Conclusion, gymnastics GLO 30 minutes per session, three times a week improves cognitive function.