

# Implementasi program CERDIK ASIK pada lansia dengan risiko demensia di Kelurahan Sukamaju Baru Kecamatan Tapos Kota Depok = The implementation of the CERDIK ASIK program on the older people with the risk of dementia in Kelurahan Sukamaju Baru Depok

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## Abstrak

**ABSTRAK**  
Prevalensi lansia penyandang demensia terus bertambah, sehingga lansia dengan risiko

demensia harus dicegah agar tidak menjadi demensia. Senam GLO 30 menit tiga kali seminggu, aktifitas hobi, interaksi sosial dan dukungan keluarga mampu memelihara fungsi kognitif lansia. Tujuan inovasi CERDIK ASIK adalah untuk melihat pengaruh Aktifitas hobi, Senam GLO, Interaksi sosial dan dukungan Keluarga terhadap fungsi kognitif lansia. Metode yang dipilih adalah eksperimen semu tanpa kontrol dengan intervensi senam GLO, asuhan keperawatan komunitas dan keluarga selama 3 bulan. Sampel 20 lansia dari populasi 59 lansia dengan risiko, 10 keluarga lansia, kader kesehatan dan penanggungjawab program lansia di Puskesmas. Uji statistik menggunakan paired t test. Hasil uji menunjukkan ada peningkatan pengetahuan, sikap dan keterampilan kader, keluarga dan tenaga kesehatan tentang demensia, serta pengaruh intervensi terhadap fungsi kognitif. Rerata MMSE pre intervensi = 22.30 (SD = 1.34) dan post intervensi menjadi 27.10, SD = 1.83 (p value = 0,000 <  $\alpha$ ; = 5%). Perbedaan mean MMSE pre dan pos 4.8, SD=1.28 (p value = 0,000 <  $\alpha$ ; = 5%). Implikasi; Program CERDIK ASIK menjadi pilihan intervensi untuk lansia risiko demensia di masyarakat dan dasar penelitian selanjutnya. Kesimpulannya, implementasi program CERDIK ASIK

meningkatkan fungsi kognitif secara signifikan. **ABSTRACT**  
The prevalence of older people with dementia continues to grow, so seniors with the risk of dementia

must be prevented so not become dementia. GLO Gymnastics for 30 minutes three times a week, combined with hobby activities, social interaction and support of family is able to maintain cognitive functions of the elderly. The purpose of the innovation project was to see the influence of CERDIK ASIK Activities, GLO gymnastics, social interaction and support of Families on elderly's cognitive function. The method selected was quasi experiments without control by intervention of gymnastic GLO, nursing care of the community and the family for 3 months. A sample of 20 elderly population from 59 at risk elderly, 10 families, elderly cadres responsible for the health and elderly program at the clinic. Statistical tests using the paired t test showed there was an increase in knowledge, attitudes and skills cadres, family and paramedics about dementia, as well as the influence interventions affecting cognitive function.

Pre intervention average MMSE = 22.30 (SD = 1.34) to 27.10, SD = 1.83 (p value = 0.000 <  $\alpha$ ; = 5%). The difference in MMSE mean pre and post 3.0, SD = 1.28 (p value = 0.000 <  $\alpha$ ; = 5%).

Implication; program cerdikasik be an option intervention to elderly risk dementia in the community and the base of the next research. In conclusion, the implementation of CERDIK ASIK program improved cognitive function significantly. The prevalence of older people with dementia

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