

Status kognitif pada lansia dan hubungannya dengan status gizi di rumah binaan lansia Atmabrata Cilincing Jakarta Utara tahun 2015 =
The cognitive status of elderly and its relationship with nutritional status in the elderly nursing home Atmabrata Cilincing North Jakarta 2015

Fatrian Dwicahya, author

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Abstrak

Peningkatan jumlah lansia dan usia harapan hidup di Indonesia menyebabkan meningkatnya penyakit degeneratif pada lansia, salah satunya adalah peningkatan kasus demensia dan gangguan kognitif, obesitas sentral dianggap sebagai salah satu faktor risiko penyakit degeneratif pada lansia. Penelitian ini bertujuan untuk mengetahui status gizi pada lansia dan hubungannya dengan status kognitif. Sebanyak 61 pasien usia lanjut dari data sekunder penelitian yang berjudul status hidrasi dan hubungannya dengan asupan cairan dan aktivitas fisik pada usia lanjut di Rumah Binaan Atmabrata Cilincing Jakarta Utara. Variabel dalam penelitian ini meliputi status kognitif sebagai variabel dependen, status gizi variabel independen. Desain penelitian cross-sectional menggunakan analisis bivariat uji Fisher untuk mengetahui hubungan status gizi terhadap status kognitif. Proporsi lansia dengan status gizi kurang 21,3, status gizi baik 31,1, dan status gizi lebih 47,5 sedangkan status kognitif buruk 96,7, kognitif baik sebesar 3,3. Hasil uji analisis bivariat, mendapatkan tidak ada hubungan bermakna antara status gizi dengan status kognitif $p=0,222$; 95 CI, 0,973-1,186.

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The increasing number of the elderly population and the life expectancy in Indonesia lead to the increasing of degenerative diseases on the elderly, which one of them is the increasing of dementia case and cognitive impairment. Central obesity is considered to be the risk factor of degenerative disease in the elderly. The aim of this study is to determine nutritional status in the elderly and its relationship with cognitive status using cross sectional study. total of 61 elderly patients from secondary data study, entitled the hydration status and its relationship with the fluid intake and physical activities in the Elderly Nursing Home Atmabrata Cilincing, North Jakarta were selected. The variables in this study are cognitive status as dependent variable and nutritional status as independent variable. Bivariate analysis using Fisher. Exact test was done to determined the relationship between nutritional status toward cognitive status. The proportion of the elderly with underweight 21.1, normoweight 31.1, and overweight 47,5 while worse cognitive condition were 96.7 and good cognitive were 3.3. The result of bivariate analysis concluded there was no significant relationship between nutritionl status and cognitive status. 0.222 95 CI 0.973 1.186.