

BRAIN GYM EFFECTS ON THE CHANGE OF COGNITIVE FUNCTION IN ELDERLY IN PANTI TRESNA WERDA NATAR LAMPUNG SELATAN

Hein Intan Wulandari

Abstract

Aging is a longlive process, and cognitive decline in elderly is a part of aging process. One of the ways to maintain cognitive function in elderly is by using brain continuously. Brain gym is one of the methods that can be used. Brain gym contains simple movements which aim to maintain the brain health.

The research method used in this study is quasy experimental method, with research design pre and post test with control group design. Total sampling is used to spesicify the sample used in this study. Samples of this research are elderly in Panti Tresna Werdha Natar Lampung Selatan with 83 repondent. The research instrument used is Mini Mental Status Examinaton quisioner.

Statistical analysis is done with Wilcoxon signed rank test in which p value obtained is 0,000 ($p < 0,05$) and 95% confidence interval. Based on statistical result, Ho is declined which means brain gym effects the change of cognitive function in elderly. Brain gym is effective to improve cognitive function in elderly. Elderly is expected to do brain gym regularly to optimize the cognitive function.

Keywords : brain, brain gym, cognitive function, elderly