

ABSTRACT

Effect of brain gym on the cognitive score in older adults at Kota Lama District Kedung Kandang Malang. Final assignment. Nursing science departement, Medical Faculty, University of Brawijaya. Supervisor: (1) Ns. Setyoadi, M.Kep, Sp. KepKom (2) Ns. LilikSupriati, S.kepM.Kep.

The decrease in the the cognitive score of older adults is the most cause of inability to perform the daily activities, especially on self-care. The cognitive function is able to be optimized through several ways, one of them is brain gym. Brain gym is a comfortable simple movement. It helps in stimulating brain development, either in the eye coordination, ears, hands, and all body's part to assist in studying and adaptation of the demand of daily life. This study was aimed to analyze effect of brain gym on cognitive score in older adults at district elderly community centre (Posyandu Lansia) Kota lama, Kedung Kandang, Malang. The study was conducted in experimental one group pretest-postest design. Purposive sampling was used in the sample collection method. The research instrument used to observe the cognitive performances was MMSE. The data was analyzed using Paired T-Test and resulted in significance level $P = 0.000$ with confidence level 95%. Hence, it concluded that there was a significant effect on cognitive score before and after delivering the brain gym therapy. It suggests that the brain gym therapy can be an alternative nursing care of which is able to be performed in the gerontology nursing field and the cooperation amongst elderly community to maximize the brain gym therapy is higly needed.

Keywords: Brain, Gym, Cognitive, Score, Older, Adults

