

THE EFFECT OF A COMBINATION OF BRAIN GYM AND SQUARE STEPPING EXERCISE ON COGNITIVE FUNCTION OF THE ELDERLY

Orisya Grapy Permadhani

orisyagrapy07@gmail.com

'Aisiyah University Surakarta

ABSTRACT

Background: The elderly are a group of humans at an age that has entered the final stage of their life phase. World Health Organization (WHO), elderly is someone who has entered the age of 60 years and above. The older a person gets the more changes occur in the inner parts of the body. One of the most common problems experienced by the elderly is cognitive impairment. In addition, cognitive function is the main capital of humans in their daily life activities. Loss of cognitive function ability causes humans to lose the ability to interact with their environment. Purpose: To determine the effect of giving a combination of Brain Gym and Square Stepping Exercise. Method: The type of research used in this thesis is quasi-experimental one group test design with pre test and post test. With a sample size of 19 subjects. The research instrument uses the Mini Metal State Examination measuring instrument. Brain Gym and Square Stepping Exercise interventions were carried out 3 times a week for 4 weeks. Data analysis using the Wilcoxon effect test. Results: The results of this study indicate that there is an effect of giving a combination of Brain Gym and Square Stepping Exercise ($p=0.003$). Conclusion: There is an effect on the combination of Brain Gym and Square Stepping Exercise on the cognitive function of the elderly.

Keywords: Brain Gym, Square Stepping Exercise, Elderly, Cognitive Function