

**IMPLEMENTATION OF BRAIN GYM IN IMPROVING COGNITIVE
FUNCTIONS IN THE ELDERLY IN PETORAN VILLAGE RT 01 RW 07
JEBRES VILLAGE JEBRES DISTRICT SURAKARTA CITY**

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ABSTRACT

Background; *As they age, the elderly are often unable to accept the changes and setbacks they experience. The changes that occur are not only physical changes but also cognitive, sexual, and social changes. Decreased brain function can lead to diseases such as delirium, dementia, psychological, and neurological disorders. Nonpharmacological therapy to prevent cognitive decline in the elderly is an intervention that includes Cognitive Rehabilitation Therapy (CRT), one of which is activity therapy, namely brain exercises.* **Objective;** *Knowing the effectiveness of the application of brain gymnastics on improving cognitive function in the elderly in Kampung Petoran RT 01 RW 07 Jebres Village, Jebres District, Surakarta City.* **Method;** *This type of research is a case study that uses descriptive methods with pre-test and post-test MMSE sheets.* **Results;** *Based on the results of the application that has been done, there is a development in the level of cognitive function.* **Conclusion;** *There are differences in the final results of cognitive function scores before and after being given brain gymnastics on both respondents, both of which have increased.*

Keywords; Elderly, Cognitive Function, Brain Gymnastics