

ABSTRACT

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<i>Application of The Brain Gym in Cognitive Function in elderly</i>	
<p style="text-align: center;">ABSTRACT</p> <p>Background : <i>The effect of increasing age can reduce the body functions and one of them is “cognitive functions”. Cognitive functions have responsibility for the body abilities such as memories, orientation or the other process of the though. Brain gym are series of the fun simple gestures and all ages to increase the cognitive function.</i></p> <p>Objective : <i>The study aims to know the differences in cognitive function before and after doing the application of the brain gym on the elderly.</i></p> <p>Method : <i>The design of this research is to use the method of research case study and observed the events that happened with the use of Mini Mental State Examination (MMSE). Respondents are given act 15 times in three weeks. Then observe cognitive function with the sheet MMSE for post-test and pre-test.</i></p> <p>Conclusion : <i>There’s a difference before and after doing brain gym in cognitive function was for 15 times in three weeks, of an increase in the points on MMSE.</i></p> <p>Suggestion : <i>For the public, especially the elderly of the implementation of the brain gym can be applied to improve cognitive function.</i></p> <p>Keywords : <i>Elderly, cognitive function, brain gym.</i></p>	