

*THE EFFECT OF REMINISCENCE THERAPY ON THE COGNITIVE
FUNCTION OF THE ELDERLY IN JANGGLENGAN VILLAGE
SUKOHARJO DISTRICT*

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ABSTRACT

Background : *The increasing age of the elderly will experience a lot of decline, one of which is a decrease in cognitive function. Decreased cognitive abilities will have an impact on focus, calculation, decision making, unable to solve problems that occur, changes in emotions, behavior and interfere with the elderly to carry out their daily activities. One of the therapies that can improve cognitive function is reminiscence therapy. **Objective:** To determine the effect of reminiscence therapy on the cognitive function of the elderly in Jangglengan Village, Sukoharjo District. **Methods:** The design of this research is Quasi Experiment Design with One Group Pre-test – Post-test Design. The sample in this study used Non Probability Sampling by taking samples using Purposive Sampling with a total sample of 20 respondents. Decrease in cognitive function was measured using a questionnaire Mini-Mental State Examination (MMSE). **Results:** The results showed that before being given reminiscence therapy from 20 respondents, most of them experienced mild cognitive function disorders as many as 11 respondents (55%) and after being given reminiscence therapy from 20 respondents most of them experienced normal cognitive function disorders as many as 12 respondents (60%). **Conclusion:** the conclusion of the study is that there is an effect of reminiscence therapy on the cognitive function of the elderly in Jangglengan Village, Sukoharjo Regency.*

Keywords: *Reminiscence Therapy, Cognitive Function, Elderly.*