

**THE APPLICATION OF REMNISCENCE THERAPY IN  
IMPROVING ELDERLY COGNITIVE FUNCTION  
AT THE PANTI WREDHA 'AISYIYAH  
SUMBER SURAKARTA**

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**ABSTRACT**

**Background :** Cognitive impairment is an issue that comes with age, causing a decline in brain function and impacting daily life. Prevalence in Indonesia reached 4.2 million by 2021, increase by 1.6 million by 2050. Reminiscence therapy as a non-pharmacological intervention is effective in improving memory, self-confidence, and emotional well-being of the elderly. **Objectives ;** To describe the effect of reminiscence therapy on elderly cognitive function at Panti Wredha 'Aisyiyah Sumber Surakarta. **Method;** Using descriptive case study research methods. Cognitive function was measured using the MMSE (Mini Mental State Examination). **Results;** The results showed that before being given the intervention, both respondents experienced moderate cognitive function impairment Mrs. A 19 points and 15 points for Mrs. D. After the implementation of cognitive function, Mrs. A was in the normal cognitive category with an MMSE score of 25 points and Mrs. D had mild cognitive impairment with an MMSE score of 22 points. **Summary;** Reminiscence therapy is able to improve the cognitive function of both respondents and can be used as a routine program in nursing homes and applied independently by the community and family to support the quality of life of the elderly.

**Keywords;** Cognitive Function, Elderly, Reminiscence Therapy