

ABSTRACT

IMPLEMENTATION OF BRAIN GYM EXERCISES TO OVERCOME COGNITIVE IMPAIRMENT IN ELDERLY PEOPLE IN FULFILLING MEMORY NEEDS AT BPSTW ABIYOSO YOGYAKARTA

Mario Stanly Notanubun¹, Tri Prabowo², Nurun Laasara³
¹²³*Health Polytechnic of the Ministry of Health Yogyakarta*
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email: stanlynotanubun@gmail.com

Background: Aging causes a decline in physiological functions, including cognitive function, which affects memory ability in older adults. Cognitive impairment can reduce quality of life and independence in performing daily activities. One non-pharmacological intervention that can be used to maintain and improve cognitive function is Brain Gym exercises, a series of simple movements designed to stimulate brain function through the integration of physical and cognitive activities.

Objective: To describe the implementation of nursing care using Brain Gym exercise intervention to overcome cognitive impairment in older adults in fulfilling memory needs at BPSTW Abiyoso Yogyakarta.

Methods: This study used a qualitative descriptive method with a case study design through a nursing process approach. The research subjects consisted of two older adults with cognitive impairment who met the inclusion criteria. The intervention in the form of Brain Gym exercises was conducted for 15–20 minutes per session over three consecutive days. Data were collected through interviews, observation, physical examination, and cognitive function assessment using the Mini Mental State Examination (MMSE).

Results: The implementation of Brain Gym exercises showed improvements in cognitive abilities and fulfillment of memory needs among older adults. Changes were observed in improved ability to remember simple information, orientation to time and place, attention, and participation during activities. The intervention was also supported by active participation from the older adults and a conducive environment during implementation.

Conclusion: Brain Gym exercises can serve as a non-pharmacological nursing intervention that helps improve cognitive function and memory ability in older adults with cognitive impairment. This intervention may be considered as part of gerontological nursing services to support the quality of life of older adults.

Keywords: Brain Gym, cognitive impairment, older adults, memory, nursing care.

ABSTRAK

PENERAPAN LATIHAN *BRAIN GYM* UNTUK MENGATASI GANGGUAN KOGNITIF PADA LANSIA DALAM PEMENUHAN KEBUTUHAN MEMORI DI BPSTW ABIYOSO YOGYAKARTA

Mario Stanly Notanubun¹, Tri Prabowo², Nurun Laasara³

^{1,2,3}Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman

Email : stanlynotanubun@gmail.com

Latar Belakang: Proses penuaan menyebabkan penurunan fungsi fisiologis, termasuk fungsi kognitif yang berdampak pada kemampuan memori lansia. Gangguan kognitif dapat menurunkan kualitas hidup dan kemandirian lansia dalam menjalankan aktivitas sehari-hari. Salah satu intervensi nonfarmakologis yang dapat dilakukan untuk mempertahankan dan meningkatkan fungsi kognitif adalah latihan *Brain Gym*, yaitu rangkaian gerakan sederhana yang bertujuan menstimulasi kerja otak melalui integrasi aktivitas fisik dan kognitif.

Tujuan: Mendeskripsikan penerapan asuhan keperawatan dengan intervensi latihan *Brain Gym* dalam mengatasi gangguan kognitif pada lansia untuk memenuhi kebutuhan memori di BPSTW Abiyoso Yogyakarta.

Metode: Penelitian ini menggunakan metode deskriptif kualitatif dengan desain studi kasus melalui pendekatan proses keperawatan. Subjek penelitian terdiri atas dua lansia dengan gangguan kognitif yang memenuhi kriteria inklusi. Intervensi berupa latihan *Brain Gym* dilakukan selama 15–20 menit per sesi selama tiga hari berturut-turut. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta pengukuran fungsi kognitif menggunakan *Mini Mental State Examination* (MMSE).

Hasil: Penerapan latihan *Brain Gym* menunjukkan adanya peningkatan kemampuan kognitif dan pemenuhan kebutuhan memori pada lansia. Perubahan terlihat pada peningkatan kemampuan mengingat informasi sederhana, orientasi terhadap waktu dan tempat, perhatian, serta keterlibatan selama aktivitas. Intervensi juga didukung oleh partisipasi aktif lansia dan lingkungan yang kondusif selama pelaksanaan.

Kesimpulan: Latihan *Brain Gym* dapat menjadi intervensi keperawatan nonfarmakologis yang membantu meningkatkan fungsi kognitif dan kemampuan memori pada lansia dengan gangguan kognitif. Intervensi ini dapat dipertimbangkan sebagai bagian dari pelayanan keperawatan gerontik untuk mendukung kualitas hidup lansia.

Kata kunci: *Brain Gym*, gangguan kognitif, lansia, memori, asuhan keperawatan.