

NUTRITIONAL FACTORS AFFECTING ELDERLY COGNITIVE FUNCTIONS IN PUSKESMAS KEBUN JERUK JAKARTA BARAT

JESI ARIANTI

NUTRITION STUDY PROGRAM

(IX, VI CHAPTER, 52 Pages, 13 Tables)

Background: As we get older, human body will get aging by time, including human brain. Human brain will get transformation function, including cognitive function in hard to remember memory, less in making decision and act (more slowly). Memory function is one of the most important intellectual component, because is much related to the quality of life. Many elderly people are complain that they ability to remember ar fading away as it called easy to forget something.

Purpose: To known every nutrition factors that affecting cognitive function of any (characteristic, vitamin B6, vitamin B9, vitamin B12, disease history and physical activity) in the happy group of elderly people at the Health Center of Kebon Jeruk.

Method: This kind of research using a cross sectional by using a quantitative approach. With a sample of 45 respondents that happy group of elderly people at Health Center of Kebon Jeruk, West Jakarta. Analys of data that used in this research is correlation test of person and spearman rank. This research has been done at December 2018.

Result: The average of respondents at the age of 61-65 years, Most of the respondent were female as many as 25 (55,6%). The average consumption of B6 vitamins is $1,547 \pm 0,315$ mg, consumption of folic acid vitamin is $200,99 \pm 10,26$ mcg, consumption of b12 Vitamin is $1,796 \pm 0,193$ mcg, average of physical activity is $17,64 \pm 3,588$, disease history is $0,73 \pm 0,447$ and cognitive function is $25,01 \pm 3,103$. There's a realition between consumption of folic acid and B12 vitamin with cognitive function ($p \leq 0,05$). And no realition between consumption of b6 vitamin, physical activity and disease of history with cognitive function ($p > 0,05$).

Conclusion: In the happy elderly group of people at Health Center of Kebon Jeruk, West Jakarta is consumption of folic acid and b12 vitamin affected cognitive function

Keyword: Cognitive function, disease history, physical activity, B12 vitamin consumption, folic acid consumption, and B6 vitamin consumption.

Daftar Bacaan: 71 (1975-2013)