

ABSTRAK



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HUBUNGAN FUNGSI KOGNITIF DENGAN KESEIMBANGAN PADA LANSIA DENGAN MILD COGNITIVE IMPAIRMENT

Terdiri dari VI Bab, 78 Halaman, 8 Gambar, 3 Skema, 7 Tabel, 5 Diagram, 1 Grafik, 10 Lampiran

Tujuan: Untuk mengetahui hubungan fungsi kognitif terhadap keseimbangan pada lansia dengan kondisi *Mild Cognitive Impairment* (MCI) di posyandu Posyandu Kecamatan Talawi Dusun Taratak Capo. **Metode:** Jenis penelitian ini adalah penelitian deskriptif korelatif dengan menggunakan pendekatan cross sectional dengan identifikasi *purposive sampling* yang sampelnya berjumlah 72 orang. Pemeriksaan kognitif menggunakan kuesioner *Indonesian-Montreal Cognitive Assessment* (INA-MoCA) dan pengukuran keseimbangan menggunakan *Time Up and Go Test* (TUGT). **Hasil:** Uji korelasi dengan *Pearson Product Moment* didapatkan hubungan yang bermakna dengan $p = 0,014$ dimana $p < \text{nilai } \alpha (0,05)$ dengan $r = 0,290$ yang artinya terdapat hubungan yang bermakna antara fungsi kognitif dengan keseimbangan dimana semakin tinggi nilai fungsi kognitif maka semakin tinggi nilai keseimbangan. Rata-rata dengan standar deviasi Fungsi Kognitif sebesar $19,49 \pm 2,089$ dan keseimbangan $18,06 \pm 2,443$. **Kesimpulan:** Ada hubungan fungsi kognitif terhadap keseimbangan pada lansia dengan kondisi *Mild Cognitive Impairment* (MCI) di Posyandu Kecamatan Talawi Dusun Taratak Capo.

Kata Kunci : Lansia, *Mild Cognitive Impairment* (MCI), Keseimbangan, *Indonesian- Montreal Cognitive Assessment* (INA-MoCA), *Time Up and Go Test* (TUGT)

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THE RELATIONSHIP BETWEEN COGNITIVE FUNCTION WITH BALANCE IN THE ELDERLY WITHIN MILD COGNITIVE IMPAIRMENT

Consists of VI Chapters, 78 Pages, 8 Pictures, 3 Schemes, 7 Tables, 5 Diagrams, 1 Graph, 10 Attachments

Objective: To determine the relationship between cognitive function and balance in the elderly within Mild Cognitive Impairment (MCI) conditions at Posyandu, Talawi, Taratak Capo Hamlet.

Method: This type of research is a descriptive correlative study using a cross sectional approach with the identification of purposive sampling on 72 sample. To assess cognitive levels, its make use of the Indonesian-Montreal Cognitive Assessment (INA-MoCA) questionnaire and balance measurement using the Time Up and Go Test (TUGT). **Results:** Correlation test with Pearson Product Moment obtained a significant relationship with $p = 0.014$ where $p < \text{value } \alpha (0.05)$ with $r = 0.290$, Which means there is a significant correlation between cognitive function and balance, where the higher the value of cognitive function, the higher balance value. Mean and standard deviation of Cognitive Function is 19.49 ± 2.089 and 18.06 ± 2.443 for balance. **Conclusion:** There is a relationship between cognitive function and balance in the elderly with Mild Cognitive Impairment (MCI) conditions in Posyandu, Talawi District, Taratak Capo Hamlet.

Keywords: Elderly, Mild Cognitive Impairment (MCI), Balance, Indonesian-Montreal Cognitive Assessment (INA-MoCA), Time Up and Go Test (TUGT)