

ABSTRAK

Judul : Analisis Asuhan Keperawatan Pada Pasien Demensia Dengan Intervensi Terapi Jigsaw Puzzle Di Panti Sosial Tresna Werdha Budi Mulia 3 Margaguna Jakarta Selatan

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Program Studi : Profesi Ners

ABSTRAK

Pendahuluan: Penyakit demensia sering terjadi pada lansia tepatnya orang di usia 65 tahun ke atas baik pria maupun wanita. Dampak dari demensia yaitu penurunan kognitif. Solusi kejadian demensia tersebut dapat diberikan terapi non farmakologis yaitu terapi jigsaw puzzle dimana keunggulan terapi jigsaw puzzle tersebut dapat meningkatkan fungsi kognitif, melatih nalar dan melatih kesabaran. Penelitian ini bertujuan untuk mengetahui pengaruh terapi jigsaw puzzle terhadap lansia dengan demensia.

Metode: Metode penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus. Penelitian ini menggunakan desain one grup pre test and post test design. Penelitian ini dilakukan di PSTW Budi Mulia 3 Margaguna tahun 2023. Sampel dalam penelitian ini diambil menggunakan tehnik Purposive Sampling yaitu lansia yang mengalami demensia sesuai kriteria inklusi dan eksklusi didapatkan 1 responden. Pengumpulan data dengan wawancara dan kuesioner MMSE, SPMSQ.

Hasil: Penelitian ini menemukan hasil pre test MMSE responden memiliki skor 17 (Definite Gangguan Kognitif), pre test SPMSQ memiliki skor 7 (Gangguan Intelektual Sedang), waktu penyelesaian puzzle selama 8 menit. Setelah dilakukan intervensi terapi jigsaw puzzle selama 6x30 menit didapatkan hasil post test MMSE responden memiliki skor 23 (Probable Gangguan Kognitif), post test SPMSQ memiliki skor 5 (Gangguan Intelektual Sedang), waktu penyelesaian puzzle selama 4 menit. yang artinya terdapat pengaruh yang signifikan terapi jigsaw puzzle pada lansia dengan demensia

Kesimpulan: Terapi jigsaw puzzle terbukti efektif untuk meningkatkan fungsi kognitif pada lansia dengan demensia. Sehingga sangat direkomendasikan untuk tenaga Kesehatan dalam meningkatkan fungsi kognitif pada lansia dengan demensia dapat menggunakan terapi jigsaw puzzle.

Kata Kunci : Jigsaw Puzzle; Demensia; Lansia; Terapi

ABSTRACT

- Title** : Analysis of Nursing Care in Dementia Patients with Jigsaw Puzzle Therapy Intervention at Tresna Werdha Budi Mulia 3 Margaguna Social Institution, South Jakarta.
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- Study Program** : Nurse Profession

ABSTRACT

Introduction: Dementia often occurs in the elderly, to be precise in people aged 65 years and over, both men and women. The impact of dementia is cognitive decline. The solution to the occurrence of dementia can be given non-pharmacological therapy, namely jigsaw puzzle therapy where the advantages of this jigsaw puzzle therapy can improve cognitive function, train reason and train patience. This study aims to determine the effect of jigsaw puzzle therapy on the elderly with dementia.

Methods: This research method uses a descriptive method with a case study approach. This study used a one group pre test and post test design. This research was conducted at PSTW Budi Mulia 3 Margaguna in 2023. The samples in this study were taken using the Purposive Sampling technique, namely elderly people who experience dementia according to inclusion and exclusion criteria, obtained 1 respondent. Data collection by interviews and questionnaires MMSE, SPMSQ.

Result: This study found that the results of the MMSE pre-test for respondents had a score of 17 (Definite Cognitive Disorder), the SPMSQ pre-test had a score of 7 (Moderate Intellectual Disorder), the time to complete the puzzle was 8 minutes. After the jigsaw puzzle therapy intervention was carried out for 6x30 minutes, the MMSE post test results showed that the respondent had a score of 23 (Probable Cognitive Disorder), the SPMSQ post test had a score of 5 (Moderate Intellectual Disorder), the puzzle completion time was 4 minutes. which means there is a significant effect of jigsaw puzzle therapy on the elderly with dementia.

Conclusion: Jigsaw puzzle therapy has been shown to be effective in improving cognitive function in elderly people with dementia. So it is highly recommended for health workers in improving cognitive function in the elderly with dementia to use jigsaw puzzle therapy.

Keywords: Jigsaw Puzzles; Dementia; Elderly; Therapy