

HUBUNGAN ANTARA AKTIVITAS FISIK DENGAN STATUS KOGNITIF PADA LANSIA DI POSBINDU DUSUN BETENG, SLEMAN, YOGYAKARTA

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INTISARI

Latar Belakang : Status Kognitif adalah kemampuan seseorang yang terdiri dari aspek orientasi, atensi, bahasa, memori, visuospesial, eksekutif dan kalkulasi. Lansia sering mengalami penurunan status kognitif, sekitar 28% lansia mengalami penurunan status kognitif. Penurunan status kognitif dapat dicegah dengan melakukan aktivitas fisik secara teratur, karena aktivitas fisik dapat memperlancar aliran darah ke otak.

Tujuan Penelitian : Mengetahui hubungan antara aktivitas fisik dengan status kognitif pada lansia di Posbindu Dusun Beteng, Sleman, Yogyakarta..

Metode Penelitian : Jenis penelitian ini adalah deskriptif korelasi, Rancangan penelitian kuantitatif dengan metode *cross sectional*, teknik pengambilan sampel dalam penelitian ini menggunakan *purposive Sampling* yaitu sebanyak 25 responden. Penelitian dilakukan pada tanggal 14 Agustus 2018 di Posbindu Dusun Beteng, Sleman, Yogyakarta. Analisa data yang digunakan pada penelitian ini adalah Somers.

Hasil Penelitian : Karakteristik responden berdasarkan usia paling banyak berusia 60-74 tahun yaitu 18 orang (72.0%), jenis kelamin di dominasi oleh laki-laki yaitu 14 orang (56.0%), tingkat pendidikan sebagian besar memiliki tingkat pendidikan SD yaitu 13 orang (52.0%). Sedangkan yang memiliki kebiasaan merokok di dominasi oleh lansia yang tidak merokok yaitu 17 orang (68.0%). Responden paling banyak memiliki aktivitas fisik baik yaitu 18 orang (72.0%). Responden sebagian besar memiliki status kognitif baik sebanyak 19 orang (76.0%). Hasil statistik didapatkan bahwa tidak ada hubungan yang signifikan antara aktivitas fisik dengan status kognitif pada lansia dengan nilai *p value* 0.258.

Kesimpulan : Tidak ada hubungan antara aktivitas fisik dengan status kognitif di Posbindu Dusun Beteng, Sleman, Yogyakarta.

Kata Kunci : Aktivitas fisik, Status kognitif, Lanjut usia

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The Correlation Between Physical Activity and Cognitive Status Among Elderly in Integrated Health Advisory Center for Non-Infectious Disease in Beteng , Sleman, Yogyakarta

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ABSTRACT

Background : Cognitive status is individual ability which consists of orientation aspect, attention aspect, language aspect, memory aspect, visuospecial aspect, execution aspect, and calculation aspect. Approximately 28 % of the elderly commonly undergo cognitive status degradation. This may be prevented through regular physical activities can prevent cognitive status decline as it stimulated blood circulation through brain.

Objective : To identify correlation between physical activities and cognitive status in the elderly in Integrated Health Advisory Center for Non-Infectious Disease in Beteng village, Sleman, Yogyakarta.

Study Method : This study was descriptive correlational study. Study design was quantitative with cross sectional method. Sampling technique in this study applied purposive sampling method to 25 respondents. The study was conducted on 14 August 2018 in Integrated Health Advisory Center for Non-Infectious Disease in Beteng village, Sleman, Yogyakarta. Data analysis applied Somers formula.

Result : Respondents' characteristic according to age was mostly at the age of 60-74 years old as many as 18 persons (72.0%), sex was mostly male as many as 14 persons (56.0%), educational background was mostly Elementary School graduates as many as 13 persons (52.0%). The majority of respondents was non smoker as many as 17 persons (68.0). The majority of respondents had proper physical activities was 18 persons (72.0%). The majority of respondents possessed good cognitive status as many as 19 persons (76.0%). Statistical result revealed no significant correlation between physical activities and cognitive status in the elderly with p value 0.258.

Conclusion : There was no correlation between physical activities and cognitive status in Integrated Health Advisory Center for Non-Infectious Disease in Beteng village, Sleman, Yogyakarta.

Keywords : Physical Activity, Cognitive Status, The Elderly.

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