

ABSTRACT

THE RELATION BETWEEN COGNITIVE FUNCTION AND QUALITY OF LIFE IN OLDER PEOPLE IN GAMPING KIDUL SUB VILLAGE, AMBARKETAWANG, GAMPING, SLEMAN, YOGYAKARTA

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Background : Older people will undergo aging process that will give impact to the changes of physical, function, psychosocial aspect, and social role. One of the function changes in older people is cognitive function. Cognitive impairment is one of the factors that can influence the elderly's life especially their quality of life. The objective of this research is to investigate the relation between cognitive function and quality of life in older people in Gamping Kidul sub village. The research benefit to provide information and description about older people with cognitive impairment in a variety level and their quality of life.

Methods : The research was non-experimental and used correlation design. The research is conducted by direct semi-interview to 107 respondents who met the inclusion and exclusion criteria. Respondents were assessed their cognitive function by MMSE (Mini Mental State Examination) and quality of life by CBS (Cornel Brown Scale) for quality of life. The data were then analyzed by using Spearman Rho correlation test.

Result : Based on the research result 87,9% of respondents were not indicated cognitive impairment, 10,3% of respondents had mild cognitive impairment, and 1,8% of respondents had severe cognitive impairment. The result of Spearman Rho correlation test showed significant correlation of $p = 0,000$ ($p < 0,05$), which means that there was a significant correlation between cognitive function and quality of life.

Conclusion : There was correlation between cognitive function and quality of life in older people in Gamping Kidul sub village, Ambarketawang, Gamping, Sleman, Yogyakarta

Keywords : older people, cognitive function, cognitive impairment, quality of life

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INTISARI

HUBUNGAN ANTARA FUNGSI KOGNITIF DENGAN KUALITAS HIDUP PADA LANSIA DI DUSUN GAMPING KIDUL, AMBARKETAWANG, GAMPING, SLEMAN, YOGYAKARTA

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Pendahuluan: Lansia akan mengalami proses penuaan yang berdampak pada perubahan kondisi fisik, fungsi, aspek psikososial, dan peran sosial. Salah satu perubahan fungsi pada lansia adalah perubahan fungsi kognitif. Fungsi kognitif yang mengalami penurunan merupakan salah satu faktor yang dapat mempengaruhi kehidupan lansia terutama kualitas hidup mereka. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara fungsi kognitif dengan kualitas hidup pada lansia di Dusun Gamping Kidul. Penelitian ini bermanfaat untuk memberikan informasi dan gambaran tentang lansia yang mengalami gangguan kognitif dalam berbagai tingkatan serta kualitas hidup mereka.

Metode: Penelitian ini merupakan penelitian non-eksperimen dan menggunakan rancangan penelitian korelasional. Penelitian dilakukan dengan cara semi wawancara langsung kepada 107 responden lansia yang masuk dalam kriteria inklusi dan eksklusi. Responden dinilai fungsi kognitif menggunakan instrumen MMSE (*Mini Mental State Examination*) dan kualitas hidup menggunakan instrumen CBS (*Cornell Brown Scale*) for quality of life. Uji statistik yang digunakan adalah uji korelasi *Spearman Rho*.

Hasil: Berdasarkan hasil penelitian sebanyak 87,9% responden tidak mengalami gangguan kognitif, 10,3% gangguan kognitif ringan, 1,8% gangguan kognitif berat. Hasil uji korelasi *Spearman Rho* diperoleh nilai signifikansi yaitu $p = 0,000$ ($p < 0,05$). Nilai signifikansi tersebut menunjukkan bahwa korelasi antara fungsi kognitif dengan kualitas hidup adalah bermakna.

Simpulan : Terdapat hubungan antara fungsi kognitif dengan kualitas hidup lansia di Dusun Gamping Kidul, Ambarketawang, Gamping, Sleman, Yogyakarta.

Kata Kunci: Lansia, fungsi kognitif, gangguan kognitif, kualitas hidup

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