

**Program Studi Sarjana Keperawatan
Fakultas Ilmu Kesehatan
Universitas Muhammadiyah Pekajangan Pekalongan
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ABSTRAK

Kamilia Mardiana, Sugiharto

Gambaran Fungsi Kognitif Berdasarkan Karakteristik Lansia yang Tinggal di Komunitas

Latar Belakang: *Aging Process* atau proses menua dapat berdampak terhadap terjadinya penurunan kemampuan biologis, psikologis dan sosiologis. secara biologis, lansia dapat mengalami penurunan sistem saraf pusat berupa melemahnya kemampuan persepsi sensori dan motorik. Sebagai akibatnya, penurunan fungsi kognitif dapat terjadi pada lansia. Penurunan fungsi kognitif tersebut dapat dipengaruhi beberapa faktor diantaranya usia, jenis kelamin, tingkat pendidikan, pekerjaan, pendapatan, status tinggal dan aktivitas sosial.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran fungsi kognitif berdasarkan karakteristik lansia yang tinggal di komunitas.

Sampel: Sampel pada penelitian ini terdapat 185 lansia yang tinggal di Desa Bugangan.

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross-sectional*. Untuk pengumpulan data menggunakan teknik *total sampling*.

Hasil: Berdasarkan kriteria inklusi dan eksklusi, sebanyak 151 lansia memenuhi syarat dan berkenan menjadi responden pada penelitian ini. Hasil penelitian ini menunjukkan rata-rata responden berusia 69 tahun ($SD = 5.54$). Lebih dari separuh responden (57%) berjenis kelamin perempuan. Sebagian besar responden tidak sekolah (65%). Sebanyak 83 responden masih aktif bekerja dengan pendapatan dibawah UMR. Mayoritas responden (90%) tinggal bersama keluarga besar dan 126 responden masih aktif mengikuti kegiatan sosial. 97 responden mengalami penurunan fungsi kognitif yaitu 69 responden ringan, dan 28 berat.

Simpulan: Penurunan fungsi kognitif pada lansia dapat terjadi seiring dengan bertambahnya usia, dari penurunan kognitif ringan sampai berat.

Kata Kunci: Fungsi Kognitif, Karakteristik Demografi, Lansia

**Undergraduate Program in Nursing
Faculty of Health Sciences
University of Muhammadiyah Pekajangan Pekalongan
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ABSTRACT

Kamilia Mardiana, Sugiharto

An Overview of Cognitive Functions Based on the Characteristics of Elderlies Living in the Community

Background: Aging process can decrease biological, psychological and sociological abilities. Biologically, an elderly can experience a decrease in the central nervous system in the form of weakened sensory and motor perception abilities. As a result, cognitive decline can occur in the elderly. The cognitive function decline can be affected by several factors including age, gender, educational level, occupation, income, residence status and social activities.

Objective: This study aimed to determine the description of cognitive function based on the characteristics of the elderly living in the community.

Sample: The samples of this study were 185 elderly living in Bugangan Village.

Methods: This research was a descriptive study with a cross-sectional approach. The data were collected through a total sampling technique.

Results: Based on the inclusion and exclusion criteria, 151 elderlies met the requirements and were willing to take part in this study. The results of this study indicated that the average age of the respondents was 69 years ($SD = 5.54$). More than half of the respondents (57%) were female. Most of the respondents did not go to school (65%). A total of 83 respondents were still actively working with income less the minimum wage. The majority of respondents (90%) lived with their extended family and 126 respondents were still actively participating in social activities. 97 respondents experienced a decrease in cognitive function; where 69 of them were mild, and 28 of them were severe.

Conclusion: The decline of the elderly cognitive function could occur with age, from mild to severe.

Keywords: *Cognitive Function, Demographic Characteristics, Elderly*