

ABSTRAK

EFEKTIFITAS YOGA *CHAIR* TERHADAP FUNGSI KOGNITIF LANSIA DI PANTI SOSIAL TRESNA WERDHA BLITAR ASRAMA TULUNGAGUNG

Sintya Eka W, Dedi Saifulah
Universitas STRADA Indonesia
Email: sintiyackawr@gmail.com

Yoga kursi merupakan bentuk yoga yang dimodifikasi yang dapat dipraktikkan sambil duduk di kursi atau menggunakan kursi sebagai penyangga saat berpose berdiri. Fungsi kognitif merupakan proses mental untuk memperoleh pengetahuan atau kecerdasan, yang meliputi cara berpikir, ingatan, pemahaman, serta perencanaan dan pelaksanaan. Dalam penelitian ini menggunakan desain penelitian *Pre-experimental design* dengan studi penelitian *One group pre-test – post test design* artinya sebelum diberi perlakuan variable diobservasi/ diukur terlebih dahulu (*pre-test*) dan setelah dilakukan treatment / perlakuan dilakukan pengukuran / observasi (*post-test*). Dengan tehnik *purposive sampling* didapatkan sampel sebanyak 38 responden. Instrumen penelitian ini didapat dari lembar *Kuesioner MMSE* untuk mengobservasi tingkat fungsi kognitif yang dialami (*Pre test – Post test*) dan diukur sekaligus dalam hari yang sama setelah diberikan perlakuan. Analisa data menggunakan uji statistik *Wilcoxon*. Hasil penelitian dari 38 responden setelah dilakukan Terapi senam yoga chair didapat responden dengan indikasi Normal 13 (34,2%), Probable Gangguan Kognitif 15 (39,5%), Definite Gangguan Kognitif 10 (36,3%). Analisis uji statistik *wilcoxon* didapatkan hasil “*output“ test statistics”* diketahui *asympt.sig (2-tailed)* atau nilai *p* bernilai 0,003. Karena nilai 0,003 lebih kecil dari $<0,05$, maka dapat disimpulkan bahwa “hipotesis diterima” yang artinya pemberian senam yoga *chair* berpengaruh dalam peningkatan fungsi kognitif pada lansia Di Panti Sosial Tresna Werdha Blitar Asrama Tulungagung. Peningkatan fungsi kognitif tidak hanya bisa ditangani dengan terapi farmakologi saja namun bisa juga ditangani menggunakan terapi non farmakologi, Salah satu intervensi yang efektif dalam meningkatkan fungsi kognitif pada lansia adalah terapi senam yoga *chair*.

Kata Kunci : Fungsi Kognitif, Lansia, Yoga Chair

ABSTRACT

EFFECTIVENESS OF CHAIR YOGA ON THE COGNITIVE FUNCTION OF THE ELDERLY IN TRESNA WERDHA BLITAR SOCIAL ASSOCIATION, TULUNGAGUNG DORMITORY

Sintya Eka W, Dedi Saifulah
STRADA University Indonesia
Email: sintyaekawr@gmail.com

Chair yoga is a modified form of yoga that can be practiced while sitting on a chair or using a chair as a support when posing standing. Cognitive function is a mental process to acquire knowledge or intelligence, which includes ways of thinking, memory, understanding, and planning and implementation. This study used a Pre-experimental design with a One group pre-test - post test design research study, meaning that before being given treatment, the variables were observed / measured first (pre-test) and after treatment / treatment was carried out, measurements / observations were carried out (post-test). With the purposive sampling technique, a sample of 38 respondents was obtained. This research instrument was obtained from the MMSE Questionnaire sheet to observe the level of cognitive function experienced (Pre-test – Post-test) and was measured simultaneously on the same day after treatment was given. Data analysis using the Wilcoxon statistical test. The results of the study from 38 respondents after undergoing yoga chair therapy showed that respondents with indications of Normal were 13 (34.2%), Probable Cognitive Disorders 15 (39.5%), Definite Cognitive Disorders 10 (36.3%). Wilcoxon statistical test analysis obtained the results of the "output" test statistics "known asymp.sig (2-talled) or p value of 0.003. Because the value of 0.003 is smaller than <0.05 , it can be concluded that the "hypothesis is accepted" which means that the provision of yoga chair gymnastics has an effect on improving cognitive function in the elderly at the Tresna Werdha Blitar Asrama Tulungagung Social Home. Improving cognitive function can not only be handled with pharmacological therapy but can also be handled using non-pharmacological therapy. One of the effective interventions in improving cognitive function in the elderly is yoga chair gymnastics therapy..

Keywords: *Cognitive Function, Elderly, Yoga Chairs*