

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA  
FAKULTAS KESEHATAN PROGRAM STUDI S1 KEPERAWATAN**

Skripsi, 29 Juli 2024

Rima Restuhana Pratami, Andinna Ananda Yusuff, Ahmad Syaripudin

**HUBUNGAN AKTIVITAS FISIK DENGAN FUNGSI KOGNITIF  
PADA LANSIA DI WILAYAH KELURAHAN CEMPAKA  
KECAMATAN PLUMBON KABUPATEN CIREBON TAHUN 2024**

Xiii+ 5 bab + 43 halaman + 4 tabel + 2 bagan + 15 lampiran

**ABSTRAK**

Lansia seringkali mengalami penurunan fungsi kognitif biasanya diakibatkan oleh gangguan pada sistem saraf pusat. Jawa Barat jumlah penderita demensia pada tahun 2007 sebanyak 250 jiwa dan diperkirakan pada tahun 2025 jumlah penderita demensia mencapai 20.000 jiwa jumlah lanjut usia di Kabupaten Cirebon terdapat 361,891 jiwa. Aktifitas fisik dapat mempengaruhi fungsi kognitif pada lansia. Penelitian ini untuk mengetahui apakah ada hubungan aktivitas fisik dengan fungsi kognitif pada lansia di Kelurahan Cempaka Kecamatan Plumbon Kabupaten Cirebon

Jenis penelitian kuantitatif dengan desain cross sectional. Populasi adalah lansia yang berusia 60-74 tahun berjumlah 102 lansia. Bersarkan metode simple random sampling yaitu cara pengambilan sampel dengan cara acak didapatkan jumlah 50 lansia. Instrumen menggunakan kuesioner. Analisis univariat menggunakan distribusi frekuensi dan bivariat menggunakan *Rank Spearman*.

Hasil penelitian menunjukkan Sebagian besar dari responden lansia yang melakukan aktifitas ringan sebanyak 26 responden (52,0%), kognitif kurang sebanyak 21 responden (42,0%). Hasil analisis bivariat didapatkan nilai  $p = 0,001 (<0,05)$  artinya ada hubungan antara aktifitas fisik dengan fungsi kognitif lansia

Terdapat hubungan aktivitas fisik dengan fungsi kognitif lansia. Diharapkan peneliti selanjutnya tentang faktor-faktor yang berhubungan dengan fungsi kognitif lansia.

Kata kunci : aktifitas fisik, fungsi kognitif, lansia

Kepustakaan : (20 Buku, 15 Jurnal 2018-2021)

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH  
HEALTH FACULTY STUDY PROGRAM OF NURSING SCIENCE**

*Mini Thesis, 29 July 2024*

Rima Restuhana Pratami, Andinna Ananda Yusuff, Ahmad Syaripudin

**THE RELATIONSHIP OF PHYSICAL ACTIVITY WITH  
COGNITIVE FUNCTION IN THE ELDERLY IN THE CEMPAKA  
VILLAGE AREA OF PLUMBON DISTRICT OF CIREBON  
REGENCY IN 2024**

Xiii + 5 chapter + 43 page + 4 table + 2 chart + 15 appendix

**ABSTRACT**

Elderly people often experience a decline in cognitive function, usually caused by disorders of the central nervous system. In West Java, the number of dementia sufferers in 2007 was 250 people and it is estimated that in 2025 the number of dementia sufferers will reach 20,000 people. The number of elderly people in Cirebon Regency will be 361,891 people. Physical activity can affect the cognitive function of the elderly. This research aims to determine whether there is a relationship between physical activity and cognitive function in the elderly in Cempaka Village, Plumbon District, Cirebon Regency.

Type of quantitative research with cross sectional design. The population is elderly aged 60-74 years amounting to 102 elderly. Based on proportionate stratified random sampling obtained the number of 50 elderly. Instruments use questionnaires. Univariate analysis uses frequency distribution and bivariate using Spearman Rank .

The results showed most of the light activity was 26 responsesn (52.0%), cognitive less as much as 21 responsesn (42.0%). Bivariate analysis results are summarized  $p = 0.001$  ( $<0.05$ ) meaning that there is a relationship between physical activity and cognitive function of the elderly.

There is a relationship between physical activity and the cognitive function of the elderly. It is that next researches to conduct further research on factors related to the cognitive function of the elderly.

Keywords: physical activity, cognitive function, elderly

Literature: (20 Books, 15 Journals 2018-2021)