ABSTRACT

The Influence Of Games For Brain Stimulation Towards Cognitive Function And Livelihood Of The Elderly In Taking Part On The Activities At Werda Bhakti Luhur Nursing Home, Sidoarjo

Dementia with cognitive decline as early symptoms is a disease caused by damage in the brain cells. A decrease in the level of liveliness among the elderly is the trigger of the decrease in cognitive function. Games for brain stimulation is a recommended activity so that brain’s function can be maintained, affecting the elderly to actively take a part. Based on the survey conducted in Werda Bhakti Luhur Nursing Home, some of elderly were found to be in cognitive decline while the numbers of elders taking part in the activities were just in small number. The purpose of this study was to analyze the effect of brain stimulation games on cognitive function and degree of liveliness of the elderly taking part in the activities. This study used pre-experimental one-group pre-test and post-test study design. The population in this study was elderly in Werda Bhakti Luhur nursing home, while sampling was done using simple random sampling which later resulted to as many as 59 respondents. The instruments used were questionnaire and observation sheet utilized before and after the intervention. After the results of this study being analyzed using Paired Sample T Test with a significant level of $\alpha = 0.05$, it was obtained that the value of $p = 0.00$, while the value of the $p <\alpha$, the $H_0$ is rejected, and $H_1$ is accepted, which meant that there was difference existed in the cognitive function and degree of liveliness of the elderly, before and after the intervention conducted. After the games, cognitive function is more preserved and the elderly are more active in taking part in the activities, hence the researchers suggest that the nursing home to make a variety of activities through the use of games that stimulates the brain in aims that the cognitive function and liveliness of the elderly can be maintained.

Keywords: cognitive function, games for brain stimulation, liveliness