ABSTRACT

The Effect of Halma Traditional Game To Cognitive Impairment Progressivity on Elderly with Dementia

Quasy Experiment Research in Surabaya
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Reminiscence therapy was proven effective as treatment for dementia. Halma is a traditional game in Indonesia which is popular in 1950’s. This research explored the influence of halma as reminiscence to slower progressivity of cognitive impairment in elderly with dementia.

In this study was a quasy experiment, query involving 18 elder using multistage sampling method. The data were collected using MoCA-INA questionnaire and analyzed using Paired T-test (p ≤0.05).

The result indicate that halma is an effective therapy in slowly reducing progressivity of cognitive impairment on elderly with dementia. That all the participant were women, the result of this study should be generalized with high concern.

That this research was only exploring reminiscence in preventing the progressivity of cognitive impairment in dementia, further research is suggested to explore on effect of reminiscence in emotional and behavioural changes.

Keyword: Reminiscence therapy, halma, cognitive, dementia, elderly