

ABSTRACT**EFFECTIVENESS BRAIN GYM AND MEMORY GAMES THERAPY ON INCREASING COGNITIVE FUNCTION AMONG ELDERLY WITH DEMENTIA IN PANTI TRESNA WERDHA HARGO DEDALI SURABAYA**

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The aging process impacts cognitive impairment that cause dementia. Elderly with dementia will experience a disruption in daily activities and lead to spatial disorientation (indoor), resulting in the tendency of wandering and lost. Precautions are needed to reduce the negative impact, including Brain Gym and therapeutic memory games. The purpose of this study is to compare the efficacy of therapy Brain Gym and memory games against cognitive therapy elderly with dementia in Panti Tresna Werda Hargo Dedali Surabaya.

This research was a comparative study with a sample of 16 people. The sampling technique used is total sampling. The independent variables in this study were the Brain Gym and therapeutic intervention of Memory Games. The dependent variable in this study was the cognitive function of elderly. The instruments for this research using MMSE form and statistical tests Paired Samples T Test and Independent Samples T Test.

The results showed statistical tests using Independent-Samples T Test found the value of cognitive function in the intervention group therapy Memory Brain Gym and Games with the result that significant $p = 1.000$ $p > 0.05$, which means there is no difference effectiveness of an increase in cognitive function after being trained Brain Gym and therapeutic Memory Games. Because both improve cognitive function of elderly with dementia.

The conclusion of this research is Brain Gym and therapeutic Memory Games equally improve cognitive function in older adults with dementia in Panti Tresna Werdha Hargo Dedali Surabaya. Suggestions for nursing personnel and health workers that is therapeutic Memory Games and Brain Gym can be used as the basis for selecting the method of therapy given to elderly people with dementia to improve cognitive function. For next research, increase the number of respondents and duration of intervention.

Keywords: Cognitive function of elderly, dementia, Brain Gym, Therapy Memory Games