

ABSTRACT

**The Effect of Traditional Game of “Dam-daman” To Decrease
Rate of Dementia on Elderly**

Quasy Experimental Study in Communities, Purwokerto, Kediri

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Elderly at risk of dementia caused by decrease in cognitive function, it needs more attention to cope the problem which are influence in daily life. The treatment which are using are the pharmacology of drug and exercise. This treatment can cause side effects for the elderly with dementia related to impaired cognitive function. One of the treatment that is safe with no side effects is the reminiscence therapy with tradisional game of “*dam-daman*” to increase kognitif function. The purpose of this study is to explain the effect of tradisional game of “*dam-daman*” on dementia in the elderly.

The design of this study was Quasy Experimental design. The population was elderly in Kediri. The total sample were 20 respondents whom were inclusion criteria. The sampling technique is multistage random sampling method. The independent variable was a traditional game of “*dam-daman*”, the dependent variable was the rates of dementia.

Data were collected using MMSE (Mini Mental State Examination) questionnaires and analyzed using Paired t-test with a significance level of $\alpha \leq 0.05$. The results was indicate a therapeutic effect of traditional game of “*dam-daman*” to decrease rate of dementia on elderly ($p = 0.000$). The second data analyzed using Independent T-test with a significance level of $\alpha \leq 0.05$. The results was indicate any significant difference between the control group dan the treatment group after intervention.

The conclusions of this study traditional game of “*dam-daman*” may improve cognitive function with dementia in the elderly. Elderly can apply the traditional game of “*dam-daman*” to help them memories. The future studies could add to the respondents and determine the factors according to the characteristic of respondent.

Keywords : *dam-daman*, cognitive impairment, dementia, elderly