

**ABSTRAK**

**PENGARUH PERMAINAN *UNO STACKO* TERHADAP PENINGKATAN  
FUNGSI KOGNITIF LANSIA DI GRIYA USILA SANTO YOSEF  
SURABAYA**

Muhammad Roziqin

Penelitian *Quasy-Experiment*

Fakultas Keperawatan Universitas Airlangga  
[Muhammadroziqin@gmail.com](mailto:Muhammadroziqin@gmail.com)

**Pendahuluan :** Lanjut usia mengalami kemunduran fisik, mental, dan sosial secara bertahap, salah satunya yaitu penurunan fungsi kognitif. Upaya meningkat fungsi kognitif lansia yaitu dengan diberikan intervensi permainan *uno stacko*. Penelitian ini bertujuan untuk mengetahui pengaruh permainan *uno stacko* terhadap peningkatan fungsi kognitif lansia di Griya Usila Santo Yosef Surabaya. **Metode:** Penelitian ini berdesain *quasy-experiment pre-post-test with control group design*. Populasi sebanyak 156 lansia di Griya Usila Santo Yosef Surabaya. Total sampel sebanyak 36 responden yang terbagi menjadi dua kelompok; kelompok perlakuan (n=18) dan kelompok kontrol (n=18), di ambil menggunakan teknik *purposive sampling*. Variabel independen nya adalah permainan *uno stacko*. Variabel dependen nya adalah fungsi kognitif. Instrumen dalam penelitian ini adalah kuesioner MMSE (*mini mental state exam*). Data di analisis dengan menggunakan *paired t-test* dan *independent t-test* ( $\alpha=0.05$ ). **Hasil :** Analisis data dengan uji statistik *paired T-test* pada kelompok perlakuan didapatkan *p value* = 0.000 yang artinya terdapat peningkatan fungsi kognitif sebelum dan sesudah dilakukan intervensi permainan *uno stacko*, sedangkan pada kelompok kontrol didapatkan *p value* = 0.542 yang artinya tidak terjadi perubahan fungsi kognitif pada lansia. Uji statistik *Independent T-test* didapatkan hasil *p value* = 0.000 yaitu terdapat perbedaan signifikan antara *posttest* kelompok perlakuan dan kontrol. Hasil penelitian menyimpulkan ada pengaruh permainan *uno stacko* terhadap peningkatan fungsi kognitif lansia. **Diskusi :** Permainan *uno stacko* mempunyai pengaruh yang dapat menstimulasi aspek-aspek fungsi kognitif lansia. Perawat dapat menerapkan permainan *uno stacko* sebagai alternatif terapi non farmakologis untuk meningkatkan fungsi kognitif lansia yang tinggal di panti.

Kata Kunci : *Uno Stacko*, Permainan, Fungsi Kognitif, MMSE, Lansia

**ABSTRACT**

**THE EFFECT OF UNO STACKO'S GAME TOWARD THE INCREASING  
COGNITIVE FUNCTION ELDERLY AT GRIYA USILA SANTO YOSEF  
SURABAYA**

Muhammad Roziqin

Quasy-Experiment Research

Faculty of Nursing University Airlangga

[Muhammadroziqin@gmail.com](mailto:Muhammadroziqin@gmail.com)

**Introduction:** The elderly gradually got physical, mentally, and social decays, one of them were the decreasing of cognitive function. The effort to increase cognitive function elderly was by giving intervention of uno stacko's game. The purpose of research to analyze the effect of uno stacko's game toward the increasing cognitive function elderly at Griya Usila Santo Yosef Surabaya. **Method:** This research was used quasy-experiment pre-post-test with control group design. The population were 156 elderly at Griya Usila Santo Yosef Surabaya. Total sample were 36 respondents which into two groups; intervention group (n=18) and control group (n=18), taken by purposive sampling technique. The independent variable was the uno stacko's game. The dependent variable was the cognitive function. The instrument was MMSE (mini mental state exam) questionnaire. The data were analyzed by using paired t-test and independent t-test ( $\alpha=0.05$ ). **Result:** The data analyzed by paired T-test intervention group were p-value=0.000 which shown increasing cognitive function before and after interfered by uno stacko's game, while control group was p-value=0.542 which shown no changing cognitive function elderly. The Independent T-test was p-value = 0.000 which means that was significant distinction between posttest of intervention and control groups. The result of this research concluded that was an effect of uno stacko's game toward the increasing of cognitive function elderly. **Discussion:** Uno stacko's game have an effect which can increase the aspects of cognitive function elderly. The nurses can use uno stacko's game as alternative therapy to increase and keep cognitive function elderly.

Keywords: Uno Stacko, Game, Cognitive Function, MMSE, elderly