

ABSTRAK

Metode Permainan yang Efektif Mempertahankan Kognitif Lansia dengan Demensia

Systematic Review

Oleh: Martha Lowrani Siagian

Latar Belakang: Populasi lansia dunia semakin meningkat dan resiko terjadinya penurunan kognitif terjadi seiring dengan pertambahan usia dan hal ini menjadi perhatian penting saat ini. Aktivitas yang efektif mencegah penurunan kognitif, lansia merupakan tantangan dunia kesehatan.

Metode: *Systematic Review* dengan mengakses lima database akademik online Scopus, PubMed, EBSCO, Science direct dan Proquest. Pencarian dilakukan mulai pada 26 April 2020 sampai 26 Mei 2020. *PRISMA checklist* sebagai *reporting selection study guideline* dan *JBIR Guideline* digunakan menilai kualitas jurnal dalam membuat review ini. Judul, abstrak, *full-text* dan metodologi dinilai untuk eligibilitas studi, kemudian ditabulasi dan dianalisis secara naratif terhadap temuan yang dihasilkan.

Hasil dan Analisis: Sebanyak 25 studi dianalisis. Terdapat beragam jenis permainan untuk mempertahankan kognitif lansia dengan demensia. Dari dua kelompok besar, yaitu 10 studi tentang *Board game* dan 15 studi tentang *Computer game*. *Study design* yang digunakan 9 studi randomized controlled trials (RCTs), 13 studi Quasi-Experimental, dan 3 studi menggunakan *observational study* yang terbit antara tahun 2010 sampai 2020. Besar sampel bervariasi mulai dari yang terkecil yaitu 20 responden sampai yang terbesar sejumlah 5613 responden. Analisis: pendekatan narasi deskriptif

Diskusi dan Kesimpulan: Pemilihan jenis permainan yang tepat, mudah, dan digemari oleh lansia sangatlah penting untuk menarik minat lansia mengikuti kegiatan permainan tersebut. Durasi dan konsistensi lansia dalam mengikuti intervensi juga berpengaruh dalam upaya meningkatkan atau mempertahankan kognitif lansia. Adanya faktor lain, seperti dukungan, fasilitas, lokasi, gender, dan usia juga mempengaruhi minat lansia serta keefektifitasan dari intervensi yang diberikan.

Kata Kunci: *Effective game, board game, nursing intervention, cognitive, elderly*

ABSTRACT

Effective Game Method to Maintain Cognitive in Elderly with Dementia: Systematik Review

Systematic Review

Oleh: Martha Lowrani Siagian

Background: The world's elderly population was increasing and the risk of cognitive decline occurs with aged and this is an important concern at this time. Activities that effectively prevent cognitive decline for an elderly are become world of health challenged.

Method: Systematic Review by accessed five online Scopus, PubMed, EBSCO, Science direct, and ProQuest online academic databases. The search was conducted from April 26, 2020 to May 26, 2020. Prisma checklist as a reporting selection study guideline and JBI Guidelines used to assess the quality of the journal for this review. Title, abstract, full-text and methodology are assessed for the study's elligibility, then tabulated and analyzed narratively against the findings.

Results and Analysis: A total of 25 study were analyzed. There are various types of games to maintain the cognitive elderly with dementia. From two major groups, found 10 study Board games and 15 study Computer games. The study design used 9 randomized controlled trials (RCTs), 13 Quasi-Experimental study, and 3 study were using observational studies, study choosen published between 2010 and 2020. The number of samples varied from the smallest of 20 respondents to the largest of 5613 respondents. Anaysis: Narrative and descriptive approach.

Discussion and Conclusion: The selection of the right type of game, easy, and favored by them was very important to attract the elderly to participate in these game activities. Duration, consistency of following the intervention also very influential to improve or maintain the cognitive of the elderly. Other factors, such as support, facilities, location, gender, and aged also greatly affect the interests of them and the effectiveness of measurements the interventions provided.

Keyword: Effective game, board game, nursing intervention, cognitive, elderly