

**GAMBARAN FUNGSI KOGNITIF PADA LANSIA
DI BANJAR BUSANA DESA SIBANGGEDE,
KABUPATEN BADUNG**

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ABSTRAK

Negara-negara di dunia saat ini memasuki masa penuaan penduduk (*ageing population*) dimana jumlah penduduk lanjut usia (lansia) semakin meningkat. Pada lansia terjadi penurunan kapasitas intrinsik seperti kapasitas fisik, mental, dan kognitif, sehingga menghambat kemampuan fungsionalnya. Gangguan fungsi kognitif merupakan tahap awal dari penurunan kognitif dan merupakan faktor risiko terjadinya demensia yang sangat mengganggu aktivitas sehari-hari. Banjar Busana, Desa Sibanggede, merupakan salah satu banjar yang memiliki jumlah lansia yang cukup besar diantara banjar lainnya yaitu sejumlah 117 orang, sementara data mengenai gambaran fungsi kognitif di Banjar Busana, Desa Sibanggede belum tersedia secara pasti. Penelitian ini bertujuan untuk: 1) mengetahui karakteristik demografis lansia di Banjar Busana, Desa Sibanggede, Kabupaten Badung, 2) mengetahui gambaran fungsi kognitif pada lansia di Banjar Busana, Desa Sibanggede, Kabupaten Badung. Populasi pada penelitian ini adalah seluruh lansia yang ada di Banjar Busana, tahun 2023 yang berjumlah 117 orang, besar sampel dihitung dengan rumus dari *Dean, et al., 2013* pada kepercayaan 95% didapatkan besar sampel adalah 90 orang, kemudian sampel dipilih secara *simple random sampling*. Fungsi kognitif diukur dengan menggunakan kuesioner MoCA-INA. Data dianalisis secara deskriptif kuantitatif. Hasil penelitian didapatkan bahwa sebagian besar responden berada pada usia 60-69 tahun (59%), jumlah responden dengan jenis kelamin laki-laki (51%) lebih banyak dari pada perempuan (49%). Tingkat pendidikan didapatkan mayoritas responden lulus SD (29%). Riwayat penyakit kronis yang paling banyak diderita responden adalah hipertensi (30%). Aktivitas olahraga tergolong kurang dimana sebesar 68% responden melakukan olahraga < 3 kali seminggu, serta responden perokok didapatkan sejumlah 31%. Responden yang mengalami gangguan fungsi kognitif sebesar 47% dan yang tidak mengalami gangguan fungsi kognitif sebesar 53%. Disarankan untuk melakukan lebih banyak edukasi kepada masyarakat mengenai bahaya dari gangguan fungsi kognitif dan upaya pencegahannya.

Kata Kunci: lansia, fungsi kognitif, MoCA-INA

**A DESCRIPTIVE STUDY OF COGNITIVE FUNCTION IN THE
ELDERLY IN BANJAR BUSANA SIBANGGEDE VILLAGE,
BADUNG DISTRICT**

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ABSTRACT

Countries in the world are currently entering an ageing population where the number of elderly people is increasing. In the elderly there is a decrease in intrinsic capacities such as physical, mental and cognitive capacities, thus hampering their functional abilities. Impaired cognitive function is the initial stage of cognitive decline and is a risk factor for dementia which greatly interferes with daily activities. Banjar Busana, Sibanggede Village, is one of the banjars that has a large number of elderly people among other banjars, namely 117 people, while data on the description of cognitive function in Banjar Busana, Sibanggede Village is not yet available. This study aims to: 1) determine the demographic characteristics of the elderly in Banjar Busana, Sibanggede Village, Badung Regency, 2) determine the description of cognitive function in the elderly in Banjar Busana, Sibanggede Village, Badung Regency. The population in this study were all elderly people in Banjar Busana, 2023 which amounted to 117 people, the sample size was calculated using the formula from Dean, et al., 2013 at 95% confidence obtained a sample size of 90 people, then the sample was selected by simple random sampling. Cognitive function was measured using the MoCA-INA questionnaire. Data were analyzed descriptively quantitatively. The results showed that most respondents were at the age of 60-69 years (59%), the number of respondents with male gender (51%) was more than female (49%). The education level obtained by the majority of respondents graduated from elementary school (29%). The most common chronic disease history suffered by respondents was hypertension (30%). Sports activity is classified as less where 68% of respondents exercise < 3 times a week, and smoker respondents were found to be 31%. Respondents who experienced impaired cognitive function were 47% and those who did not experienced impaired cognitive function were 53%. It is recommended to do more education to the community about the dangers of cognitive impairment and prevention efforts.

Keywords: elderly, cognitive function, MoCA-INA