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Brain gym exercises in improving the memory of elderly

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Degenerative process is a change that occurs where people began to enter the old age stage or start a process of aging stage and one of changes that occur is cognitive decline including memory components contained there. There are various activities that affect the memory; one of them is the brain gym exercise. This research aims to know the influence of this exercise against elderly cognitive levels before and after exercise. The research was used quasi experimental with non-equivalent control group design, sample collected used simple random sampling method and it was got 62 sample divided into two group, the instrument of measuring a cognitive decline used Mini Mental State Exam (MMSE), which the statistic test used Wilcoxon Signed Rank Test and Mann-Whitney. The treatment group has a pretest mean 21.32 and the posttest mean 24.81. While, the control group has a pretest mean 18.81 and the posttest mean 18.45. There was a difference in cognitive levels after given the exercise in the treatment group (p -value=0.000), so that in control group which has a difference too (p -value=0.020) that there was some respondent who got the decrease and there was a difference of cognitive mean between treatment group and control group (p -value=0.000). Brain gym exercise can be used as the easy and fun therapy that useful to train the strength of memory in elderly.

Biography

Riksa Wibawa Resna is a Nurse since 2000, has interest in geriatric nursing.

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