

Hubungan Kadar Leptin Plasma Dengan Fungsi Kognitif Pada Lanjut Usia Di Jakarta = The Association Between Plasma Leptin Level And Cognitive Function In Elderly In Jakarta

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Abstrak

Peningkatan jumlah lanjut usia di Indonesia sering diiringi dengan peningkatan gangguan kognitif. Leptin diketahui memiliki fungsi protektif terhadap fungsi kognitif pada lanjut usia, namun hingga saat ini hasil temuan peran leptin pada fungsi kognitif masih beragam, dan belum banyak dibahas di Indonesia. Selain itu peneliti melakukan analisis tambahan menggunakan Food Record dan penilaian antropometri pada subjek. Penelitian ini bertujuan untuk mengetahui hubungan antara kadar plasma leptin dengan fungsi kognitif pada lanjut usia di Jakarta. Penelitian ini merupakan penelitian analitik deskriptif potong lintang yang menggunakan purposive sampling sebagai metode pengambilan sampel. Subjek merupakan lanjut usia yang bertempat tinggal di Panti Sosial yang kemudian dilakukan pemeriksaan fungsi kognitif menggunakan instrumen MoCA-INA, kuesioner IADL, GPAQ, Food Record, plasma leptin, komposisi tubuh serta antropometri, yang dianalisis secara univariat, bivariat dan multivariat. Hasil dari penelitian, karakteristik subjek berusia 60-74 tahun, dengan mayoritas jenis kelamin wanita (69,1%), dengan status gizi normal (45,5%), massa lemak berkisar antara 18,10-57,10 %, massa otot berkisar antara 20,20-57,50 kg. Mayoritas tidak merokok, tingkat pendidikan rendah (12 tahun wajib belajar), aktifitas fisik sedang dengan keseluruhan kapasitas fungsional subjek mandiri. Sebesar (96,4%) lanjut usia mengalami gangguan fungsi kognitif, kadar leptin plasma memiliki nilai terendah 1,4 ng/mL, tertinggi 119,48 ng/m dengan median 6,2 ng/mL. Pada analisis bivariat ditemukan kadar leptin, IMT (Indeks Massa Tubuh), massa lemak, pendidikan, dan IADL memiliki hubungan bermakna dengan fungsi kognitif pada lanjut usia di Jakarta. Korelasi kadar leptin plasma dengan fungsi kognitif pada lanjut usia di Jakarta memiliki korelasi positif sedang dengan nilai r 0,52 dan signifikansi 0,000.

.....The increasing of elderly population often accompanied by a rise in cognitive disorders. Leptin is known to have a protective function against cognitive decline in elderly. However, current finding regarding the role of leptin in cognitive function is vary, and has not been extensively discussed in Indonesia. Food record and anthropometric assessment is conducted as an additional analyses on subject. Aim of this study is to determine the relationship between plasma leptin levels and cognitive function in the elderly in Jakarta. This is a cross sectional descriptive analytical research using purposive sampling as the sampling method. Subject are elderly residing in social welfare home, and being assessed using MOCA-INA instrument, IADL and GPAQ questionnaire, plasma leptin, body composition, anthropometric and Food Record are measured. The data is analysed through univariate, bivariate and multivariate analysis. Result of this study are subject characteristic of age ranging from 60-74 years, with female as the majority (67.5%), normal nutritional status (46.2%), body fat ranging from 18.10 to 57.10 %, muscle mass 20.20 to 57.50 kg. Majority of subject do not smoke, have a low education level (12 year of education), engage in moderate physical activity, and having independent functional capacity. A total of 96.2% of the subject experience cognitive impairment. Plasma leptin levels ranging from 1.4 to 8.5 ng/mL, with median of 5.9 ng/mL. There is a significant relationship between leptin levels, body mass index, body weight, total body fat, education and IADL with

cognitive function in the elderly in Jakarta. The correlation between plasma leptin levels and cognitive function in the elderly in Jakarta, shows a moderately positive correlation with r value of 0.47 and a significance of 0.000.