

Efek Permainan Congklak Terhadap Fungsi Kognitif Pada Lansia = The Effect of Congklak Game on Cognitive Function in The Elderly

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Abstrak

Peningkatan populasi lansia di Indonesia menimbulkan tantangan kesehatan, termasuk penurunan fungsi kognitif yang dapat memengaruhi kemandirian dan kualitas hidup. Stimulus kognitif, seperti permainan tradisional congklak, menawarkan solusi yang mudah diakses. Penelitian ini bertujuan mengevaluasi efek permainan congklak terhadap fungsi kognitif lansia menggunakan MoCA-Ina. Penelitian melibatkan 64 lansia yang dibagi menjadi kelompok intervensi dan kontrol. Kelompok intervensi memainkan congklak selama 10 sesi (45 menit per sesi) dalam dua minggu, sementara kelompok kontrol melanjutkan aktivitas rutin. Fungsi kognitif diukur pada empat waktu: sebelum intervensi, segera setelah intervensi, satu bulan, dan dua bulan pasca intervensi. Hasil menunjukkan peningkatan signifikan skor MoCA-Ina pada kelompok intervensi, dari rata-rata 15,1 menjadi 18,6 segera setelah intervensi. Efek positif ini bertahan hingga dua bulan, meski sedikit menurun. Permainan congklak efektif menjaga dan meningkatkan fungsi kognitif lansia, mendukung penerapan permainan tradisional dalam program kesehatan lansia.

.....The increasing elderly population in Indonesia poses health challenges, including cognitive decline, which can affect independence and quality of life. Cognitive stimulation, such as the traditional congklak game, offers an accessible solution. This study aims to evaluate the effect of the congklak game on cognitive function in the elderly using MoCA-Ina. The study involved 64 elderly participants divided into intervention and control groups. The intervention group played congklak for 10 sessions (45 minutes per session) over two weeks, while the control group continued their routine activities. Cognitive function was measured at four time points: before the intervention, immediately after the intervention, one month, and two months post-intervention. The results showed a significant increase in MoCA-Ina scores in the intervention group, from an average of 15.1 to 18.6 immediately after the intervention. This positive effect persisted for up to two months, although slightly diminished. The congklak game effectively maintains and improves cognitive function in the elderly, supporting its inclusion in elderly health programs.