

**HUBUNGAN FUNGSI KOGNITIF DAN TINGKAT STRESS DENGAN
TINGKAT KEMANDIRIAN LANSIA DI GRIYA LANSIA CIPARAY**



SKRIPSI

Diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar
sarjana keperawatan

Oleh:
Intan Hana Nailah
2202898

**PROGRAM STUDI KEPERAWATAN
KAMPUS UPI SUMEDANG
UNIVERSITAS PENDIDIKAN INDONESIA
TAHUN 2025**

**HUBUNGAN FUNGSI KOGNITIF DAN TINGKAT STRESS DENGAN
TINGKAT KEMANDIRIAN LANSIA DI GRIYA LANSIA CIPARAY**

Oleh:
Intan Hana Nailah
2202898

Diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar
sarjana keperawatan

© Intan Hana Nailah
Universitas Pendidikan Indonesia
15 Desember 2025

Hak Cipta dilindungi undang-undang
Tidak boleh diperbanyak seluruhnya atau sebagian
Dengan dicetak ulang, di foto kopi, atau cara lainnya tanpa izin dari penuli

LEMBAR PENGESAHAN

SKRIPSI

**HUBUNGAN FUNGSI KOGNITIF DAN TINGKAT STRESS DENGAN
TINGKAT KEMANDIRIAN LANSIA DI GRIYA LANSIA CIPARAY**

Disusun Oleh:

Intan Hana Nailah

Telah dipertahankan didepan dewan penguji pada tanggal 15 Desember 2025

Susunan Dewan Pengujian

Pembimbing Utama,



Drs. Akhmad Faozi, M.Si.
NIP: 196208031984021001

Penguji,



Popi Sopiah, S.Kp., M. Biomed.
NIP: 197810072006042011

Pembimbing Pendamping,



Delli Yuliana Rahmat, M.Kep., Ners.
NIP: 920200119840715201

**Skripsi ini telah diterima sebagai salah satu persyaratan untuk memperoleh
gelar Sarjana**



Sri Wulan Lindasari, M.Kep., Ners
NIP: 920200119800831201
Ketua Program Studi S1 Keperawatan

Hubungan Fungsi Kognitif dan Tingkat Stress dengan Tingkat Kemandirian Lansia di Griya Lansia Ciparay

Intan Hana Nailah

Email: intanhanal6@upi.edu

Program Studi Sarjana Keperawatan

Universitas Pendidikan Indonesia

Kampus Sumedang

ABSTRAK

Jumlah lansia terus meningkat secara signifikan dan kondisi ini disertai dengan berbagai tantangan kesehatan, seperti penurunan fungsi kognitif, tingginya tingkat stres, serta berkurangnya kemandirian dalam melakukan aktivitas sehari-hari. Sekitar 12,7% lansia di Indonesia mengalami ketergantungan dalam aktivitas dasar, yang dipengaruhi oleh penyakit kronis, depresi, rendahnya aktivitas fisik, keterbatasan dukungan sosial, dan gangguan fungsi kognitif yang berpotensi mempercepat penurunan kemandirian. Penelitian ini bertujuan untuk mengetahui hubungan fungsi kognitif dan tingkat stres dengan tingkat kemandirian lansia di Griya Lansia Ciparay. Penelitian menggunakan desain kuantitatif dengan pendekatan cross-sectional. Sampel berjumlah 61 lansia yang dipilih dengan teknik simple random sampling sesuai kriteria inklusi. Variabel-variabel dalam penelitian ini ditampilkan dalam bentuk tabel distribusi frekuensi dan dianalisis melalui uji univariat dan bivariat. Pengumpulan data dilakukan menggunakan instrumen Mini Mental State Examination (MMSE) untuk fungsi kognitif, Perceived Stress Scale (PSS-10) untuk tingkat stres, serta Barthel Index untuk tingkat kemandirian. Analisis bivariat menggunakan uji korelasi Spearman Rho, yang menunjukkan nilai $p = 0,001$, sehingga mengindikasikan adanya hubungan yang signifikan antara fungsi kognitif dan tingkat stres dengan kemandirian lansia. Temuan ini menegaskan bahwa kondisi kognitif dan psikologis sangat memengaruhi kemandirian. Upaya menjaga fungsi kognitif dan mengelola stres dapat membantu mempertahankan kemandirian lansia.

Kata kunci : fungsi kognitif, stres, tingkat kemandirian, lansia, panti sosial

The Association between Cognitive Function and Stress Levels with the Independence Level of Older Adults at Griya Lansia Ciparay

Intan Hana Nailah

Email: intanhana16@upi.edu

Bachelor of Nursing Program

Universitas Pendidikan Indonesia

Sumedang Campus

Abstract

The number of older adults continues to increase significantly, accompanied by various health challenges such as cognitive decline, elevated stress levels, and reduced independence in performing daily activities. Approximately 12.7% of older adults in Indonesia experience dependency in basic activities, influenced by chronic illnesses, depression, low physical activity, limited social support, and cognitive impairment, all of which may accelerate the loss of independence. This study aimed to examine the relationship between cognitive function and stress levels with independence among older adults at Griya Lansia Ciparay. The researcher employed a quantitative cross-sectional design. The sample consisted of 61 older adults selected through simple random sampling based on inclusion criteria. Data were collected using the Mini-Mental State Examination (MMSE) to assess cognitive function, Perceived Stress Scale (PSS-10) to measure stress levels, and Barthel Index to evaluate independence. The variables were presented in frequency distribution tables and analyzed using univariate and bivariate tests. Bivariate analysis was conducted using the Spearman Rho correlation test, which produced a p-value of 0.001, indicating a significant relationship between cognitive function and stress levels with independence among older adults. These findings emphasize that cognitive and psychological conditions play a crucial role in maintaining functional independence. Efforts to preserve cognitive ability and manage stress are essential strategies to support and sustain independence in the elderly population.

Keywords: *cognitive function, stress, independence, elderly, nursing home*

DAFTAR ISI

LEMBAR PENGESAHAN.....	i
LEMBAR PERNYATAAN	ii
KATA PENGANTAR.....	iii
ABSTRAK	vii
DAFTAR ISI	ix
DAFTAR TABEL.....	xi
DAFTAR GAMBAR.....	xii
DAFTAR LAMPIRAN	xiii
DAFTAR SINGKATAN.....	xiv
BAB 1	1
PENDAHULUAN.....	1
1.1. Latar Belakang Masalah.....	1
1.2. Rumusan Masalah	4
1.3. Tujuan Penelitian.....	4
1.3.1. Tujuan Umum.....	4
1.3.2. Tujuan Khusus.....	4
1.4. Manfaat Penelitian.....	5
1.4.1. Manfaat Teoritis	5
1.4.2. Manfaat Praktisi	5
1.5. Ruang Lingkup Penelitian.....	6
BAB 2.....	8
TINJAUAN PUSTAKA	8
2.1 Landasan Teori dan Konsep	8
2.1.1. Konsep Lansia.....	8
2.1.2. Fungsi Kognitif	12
2.1.3. Konsep Stress	15
2.1.4. Konsep Kemandirian Lansia	17
3.2. Kerangka teori dan konsep penelitian	21
3.2.1. Teori Self Care Dorothea Orem	21
BAB 3	27

3.1.	Desain Penelitian	27
3.2.	Tempat dan Waktu Penelitian.....	27
3.3.	Populasi dan Sampel.....	27
3.4.	Variable dan Definisi Operasional	29
3.5.	Instrumen Penelitian.....	30
3.6.	Pengumpulan Data.....	32
3.7.	Analisa Data	35
3.8.	Hipotesis Penelitian.....	36
3.9.	Konsiderasi Etik	36
3.10.	Uji Etik Penelitian	38
BAB IV		40
HASIL DAN PEMBAHASAN		40
4.1.	Hasil Penelitian.....	40
4.1.1	Analisa Univariat.....	40
4.1.2	Analisa Bivariat.....	42
4.2.	Pembahasan.....	44
4.2.1	Identifikasi Fungsi Kognitif Lansia	44
4.2.2	Identifikasi Tingkat Stress Lansia	46
4.2.3.	Identifikasi Tingkat Kemandirian Lansia	48
4.2.4.	Hubungan Fungsi Kognitif dengan Tingkat Kemandirian Lansia	50
4.2.5.	Hubungan Tingkat Stress dengan Tingkat Kemandirian Lansia	53
4.2.6	Keterbatasan Penelitian	56
BAB V		57
KESIMPULAN DAN SARAN		57
5.1.	Kesimpulan.....	57
5.2.	Saran	58
5.2.1	Saran Bagi Responden.....	58
5.2.2.	Saran Bagi Lokasi Penelitian.....	58
5.2.3.	Saran bagi Peneliti Selanjutnya	59
5.2.4	Saran Bagi Tenaga Kesehatan.....	59
DAFTAR PUSTAKA		60
LAMPIRAN		69

DAFTAR TABEL

Tabel 3 1 Definisi Operasional Variabel Penelitian	29
Tabel 3 2 Blueprint Tingkat Stress Cohen <i>Perceived Stress Scale</i>	31
Tabel 3 3 Kriteria Kategorisasi Tingkat Stres Cohen <i>Perceived Stress Scale</i>	31
Tabel 3 4 Tabel Koefisiensi	36
Tabel 4 1. Hasil Uji Normalitas	42
Tabel 4 2. Karakteristik Responden Berdasarkan Usia	40
Tabel 4 3 Karakteristik Responden Berdasarkan Jenis Kelamin	40
Tabel 4 4 Kategori Fungsi Kognitif Pada Lansia	41
Tabel 4 5 Kategori Tingkat Stress Pada Lansia	41
Tabel 4 6 Kategori Tingkat Kemandirian Pada Lansia	42
Tabel 4 7 Hubungan Fungsi Kognitif Dengan Tingkat Kemandirian	43
Tabel 4 8 Hubungan Tingkat Stress Dengan Tingkat Kemandirian	43

DAFTAR GAMBAR

Gambar 2.1 Bagan Kerangka Teori.....	24
Gambar 2.2 Bagan Kerangka Berfikir	25

DAFTAR LAMPIRAN

Lampiran 1 Jadwal Penelitian	69
Lampiran 2 Lembar Bimbingan	71
Lampiran 3. Surat Permohonan Izin Penelitian.....	72
Lampiran 4 Lembar Persetujuan Responden.....	73
Lampiran 5. Kuesioner Mini-Mental State Exam (MMSE).....	74
Lampiran 6 Kuesioner <i>Perceived Stress Scale</i> (PSS).....	76
Lampiran 7 Kuesioner Index Barthel	77
Lampiran 8 Surat Uji Etik	79
Lampiran 9 Hasil Uji Univariat.....	80
Lampiran 10 Uji Korelasi Antar Variable.....	83
Lampiran 11 Similarity Index.....	84
Lampiran 12 Dokumentasi Penelitian	86

DAFTAR SINGKATAN

WHO	: <i>World Health Organization</i>
UPTD	: Unit Pelaksana Teknis Daerah
PSS	: <i>Perceived Stress Scale</i>
MMSE	: <i>Mini Mental State Examination</i>
BPS	: Badan Pusat Statistik
APA	: <i>American Psychological Association</i>
ADL	: <i>Activities of Daily Living</i>
WSD	: Water Seal Drain

DAFTAR PUSTAKA

- Akhmad, A., Sahmad, S., Hadi, I., & Rosyanti, L. (2019). Mild cognitive impairment (mci) pada aspek kognitif dan tingkat kemandirian lansia dengan mini-mental state examination (mmse). *Health Information : Jurnal Penelitian*, 11(1), 48–58. <https://doi.org/10.36990/hijp.v11i1.105>
- Albuloshi, T., Kamel, A. M., Alsaber, A. R., Alawadhi, B., Pan, J., Abd-El-Gawad, W. M., Bouhaimed, M., & Spencer, J. P. E. (2025). Factors associated with cognitive function outcomes among older adults in Kuwait: A cross-sectional study. *BMC Geriatrics*, 25(1), 249. <https://doi.org/10.1186/s12877-025-05882-0>
- Alfiyyahtul Laila Adiba, Abdul Aziz Alimul Hidayat, Ratna Agustin, & Musrifatul Uliyah. (2024). Analysis of the need for nursing staff in inpatient rooms based on the douglas formula: A case study at a private hospital in Sidoarjo, Indonesia. *International Journal of Science and Research Archive*, 12(2), 828–832. <https://doi.org/10.30574/ijsra.2024.12.2.1317>
- Alligood, M. (2022). *Nursing Theorist and Their Work 10th Edition*. Elsevier. <http://ebooks.elsevier.com>
- APA. (2023). *The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry, Sixth Edition*. The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry, Sixth Edition
- Aul, C., Brau, J. M., Sugarman, A., DeGutis, J. M., Germine, L. T., Esterman, M., McGlinchey, R. E., & Fortenbaugh, F. C. (2023). The functional relevance of visuospatial processing speed across the lifespan. *Cognitive Research: Principles and Implications*, 8(1), 51. <https://doi.org/10.1186/s41235-023-00504-y>
- Aye, S., Bouteloup, V., Tate, A., Wimo, A., Handels, R., Jean, D., Winblad, B., & Jönsson, L. (2023). Health-related quality of life in subjective cognitive decline and mild cognitive impairment: a longitudinal cohort analysis. *Alzheimer's Research & Therapy*, 15(1), 200. <https://doi.org/10.1186/s13195-023-01344-0>
- Badan Pusat Statistik. (2025). *Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin di Provinsi Jawa Barat, 2025*. <https://jabar.bps.go.id/id/statistics>
- Balagué-Marmaña, M., Martínez-García, M., & Dempere-Marco, L. (2025). Decoding the impact of aging on the interaction between visual attention and working memory. *Scientific Reports*, 15(1), 18619. <https://doi.org/10.1038/s41598-025-00305-x>

- Beauchamp, T., & Childress, J. (2019). Principles of biomedical ethics: marking its fortieth anniversary. *The American Journal of Bioethics*, 19(11), 9–12. <https://doi.org/10.1080/15265161.2019.1665402>
- Çakmur, H. (2020). Effects of stress on human health (H. Çakmur, Ed.). *IntechOpen*. <https://doi.org/10.5772/intechopen.79782>
- Campbell, J., Lavoie, L., Farraia, M., Huelin, R., Zhang, Q., & Tahami Monfared, A. A. (2025). Quality of life in mild cognitive impairment and mild dementia associated with alzheimer's disease: a systematic review. *Neurology and Therapy*, 14(1), 7–26. <https://doi.org/10.1007/s40120-024-00676-9>
- CIOMS. (2017). *International ethical guidelines for health-related research involving humans*. CIOMS. <https://cioms.ch>
- Costa, C., Briguglio, G., Mondello, S., Teodoro, M., Pollicino, M., Canalella, A., Verduci, F., Italia, S., & Fenga, C. (2021). Perceived stress in a gender perspective: a survey in a population of unemployed subjects of southern italy. *Frontiers in Public Health*, 9. <https://doi.org/10.3389/fpubh.2021.640454>
- Darmika, P. D., Antari, N. K. A. J., Negara, A. A. G. A. P., & Dewi, A. A. N. T. N. (2025). Association between cognitive function and daily living activities in elderly women: a cross-sectional study. *Majalah Ilmiah Fisioterapi Indonesia*, 13(1), 149–154. <https://doi.org/10.24843/mifi.000000634>
- de Medeiros, M. M. D., Carletti, T. M., Magno, M. B., Maia, L. C., Cavalcanti, Y. W., & Rodrigues-Garcia, R. C. M. (2020). Does the institutionalization influence elderly's quality of life? A systematic review and meta-analysis. *BMC Geriatrics*, 20(1), 44. <https://doi.org/10.1186/s12877-020-1452-0>
- Dewi, K. A. A. L., Thanaya, S. A. P., Primayanti, I. D. A. I. D., & Nugraha, M. H. S. (2022). Cognitive function and level of independence in doing activities of daily living in the elderly. *Sport and Fitness Journal*, 10(3), 197. <https://doi.org/10.24843/spj.2022.v10.i03.p04>
- Dian, O., Putri, E., Keperawatan, J. I., Dharmas, U., Lintas, I. J., Km, S., Koto, K., Kabupaten, B., Propinsi, D., & Barat, S. (2021). Hubungan fungsi kognitif dengan kualitas hidup lansia. 2(4). <http://undhari.ac.id>
- Fan, K., Seah, B., Lu, Z., Wang, T., & Zhou, Y. (2024). Association between loneliness and mild cognitive impairment in older adults: a meta-analysis of longitudinal studies. *Aging & Mental Health*, 28(12), 1650–1658. <https://doi.org/10.1080/13607863.2024.2358079>
- Federmeier, K. D. (2022). Connecting and considering: Electrophysiology provides insights into comprehension. *Psychophysiology*, 59(1). <https://doi.org/10.1111/psyp.13940>
- Goodarzi, F., Khoshravesh, S., Ayubi, E., Bashirian, S., & Barati, M. (2024a). Psychosocial determinants of functional independence among older adults: A

- systematic review and meta-analysis. *Health Promotion Perspectives*, 14(1), 32–43. <https://doi.org/10.34172/hpp.42354>
- Goodarzi, F., Khoshraves, S., Ayubi, E., Bashirian, S., & Barati, M. (2024b). Psychosocial determinants of functional independence among older adults: A systematic review and meta-analysis. *Health Promotion Perspectives*, 14(1), 32–43. <https://doi.org/10.34172/hpp.42354>
- Gutwinski, S., Schreiter, S., Deutscher, K., & Fazel, S. (2021). The prevalence of mental disorders among homeless people in high-income countries: An updated systematic review and meta-regression analysis. *PLOS Medicine*, 18(8), e1003750. <https://doi.org/10.1371/journal.pmed.1003750>
- Hakim, A. R., Mora, L., Leometa, C. H., & Dimala, C. P. (2024). Psychometric properties of the perceived stress scale (pss-10) in indonesian version. *JP3I (Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia)*, 13(2), 117–129. <https://doi.org/10.15408/jp3i.v13i2.35482>
- Handajani, Y. S., Schröder-Butterfill, E., Hogervorst, E., Turana, Y., & Hengky, A. (2023). Functional dependency and its associated factors among older adults in indonesia. *Aging Medicine and Healthcare*, 14(3), 146–155. <https://doi.org/10.33879/AMH.143.2022.05051>
- Hantke, N., & O'Hara, R. (2020). *Handbook of Mental Health and Aging*. 3rd Ed. Elsevier.
- Haryati, A., Anggraini, N., Ningsih, E. P., Putri, A. E., Putri, D. H., Sari, D., Siska, B. A., Krisna, D., Prayoga, P. R., Pebriyanti, L., Jenira, J., Arbaini, M., Hadikusuma, R., Oktaviya, P., Permata, R., Novarianti, N. Z., Pransisca, S., Ananda, D., Repaldo, R., & Purnama, V. T. (2025). Intervensi edukasi stres pada lansia: upaya peningkatan kesejahteraan psikologis melalui kegiatan pengabdian masyarakat. *Archive: Jurnal Pengabdian Kepada Masyarakat*, 5(1), 10–22. <https://doi.org/10.55506/arch.v5i1.193>
- Haryati, O., Banon, E., & Rahmawati Jurusan Keperawatan Poltekkes Kemenkes Jakarta III, I. (2022). *Prosiding Seminar Nasional Poltekkes Jakarta III 2022* Faktor faktor yang mempengaruhi tingkat kemandirian lansia dalam pemenuhan adl (activity daily living). <http://www.ejurnal.poltekkesjakarta3.ac.id/index.php/ProsidingSEMNAS2022/article/view/1139>
- Herriot, H., Wrosch, C., & Gouin, J.-P. (2018). Self-compassion, chronic age-related stressors, and diurnal cortisol secretion in older adulthood. *Journal of Behavioral Medicine*, 41(6), 850–862. <https://doi.org/10.1007/s10865-018-9943-6>
- Hsieh, S., & Chen, E.-H. (2023). Specific but not general declines in attention and executive function with aging: Converging cross-sectional and longitudinal evidence across the adult lifespan. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1108725>

- Hussenoeder, F. S., Conrad, I., Roehr, S., Fuchs, A., Pentzek, M., Bickel, H., Moesch, E., Weyerer, S., Werle, J., Wiese, B., Mamone, S., Brettschneider, C., Heser, K., Kleineidam, L., Kaduszkiewicz, H., Eisele, M., Maier, W., Wagner, M., Scherer, M., ... Riedel-Heller, S. G. (2020). Mild cognitive impairment and quality of life in the oldest old: a closer look. *Quality of Life Research*, 29(6), 1675–1683. <https://doi.org/10.1007/s11136-020-02425-5>
- Imani, H., & Godde, B. (2021). The association between falls and autonomy in older adults is mediated by self-efficacy. *Discover Psychology*, 1(1), 8. <https://doi.org/10.1007/s44202-021-00007-1>
- Jeong, K., Lee, S., Na, J., Jun, J., & Park, S.-H. (2024). Factors affecting cognitive function in older adults: a sex-specific analysis using panel quantile regression. *Journal of Men's Health*, 20(8), 48. <https://doi.org/10.22514/jomh.2024.128>
- Jin, Y., Brown, R., Bhattarai, M., & Song, J. (2024). Urban–rural differences in associations among perceived stress, resilience and self-care in Chinese older adults with multiple chronic conditions. *International Journal of Older People Nursing*, 19(1). <https://doi.org/10.1111/opn.12591>
- KEPPKN. (2021). *Pedoman dan Standar Etik Penelitian Dan Pengembangan Kesehatan Nasional*. <https://repository.badankebijakan.kemkes.go.id/id/eprint/4214/1/Pedoman%20dan%20Standar%20Etik%20Penelitian%20dan%20Pengembangan%20Kesehatan%20Nasional.pdf>
- Lapane, K. L., Lim, E., McPhillips, E., Barooah, A., Yuan, Y., & Dube, C. E. (2022). Health effects of loneliness and social isolation in older adults living in congregate long term care settings: A systematic review of quantitative and qualitative evidence. *Archives of Gerontology and Geriatrics*, 102, 104728. <https://doi.org/10.1016/j.archger.2022.104728>
- Lavretsky, H., & Newhouse, P. A. (2012). Stress, inflammation, and aging. *The American Journal of Geriatric Psychiatry: Official Journal of the American Association for Geriatric Psychiatry*, 20(9), 729–733. <https://doi.org/10.1097/JGP.0b013e31826573cf>
- Li, X., Yang, Z., Zhao, Y., & Peng, Y. (2025). Effects of orem's *self-care* deficit theory-based *self-care* education programme on quality of life, self-energy efficiency, mental health and nursing satisfaction in elderly patients with prostate cancer. *Archivos Españoles de Urología*, 78(4), 442. <https://doi.org/10.56434/j.arch.esp.urol.20257804.59>
- Lindert, J., Paul, K. C., Lachman, M., Ritz, B., & Seeman, T. (2020). The impact of social stress and strain on cognitive function in older people. *European Journal of Public Health*, 30(Supplement_5). <https://doi.org/10.1093/eurpub/ckaa165.490>
- Manca, V. (2024). On the functional nature of cognitive systems. *Information*, 15(12), 807. <https://doi.org/10.3390/info15120807>

- Manungkalit, M., & Putu Wulan Purnama Sari, N. (2020). The influence of anxiety and stress toward depression in institutionalized elderly. *Journal of Educational, Health and Community Psychology*, 9(1).
- Manurung, M., Utami, R., Tandilangi, A., Maria, D., Kusumaningsih, I., Siregar, N., Saragih, D., Kurwiyah, N., & Padaunan, E. (2023). *Ilmu Dasar Keperawatan Gerontik* (M. Sirait, Ed.). Yayasan Kita Menulis. FullBook Ilmu Dasar Keperawatan Gerontik (1)_compressed.pdf
- Manurung, S., Ritonga, I., & Hamonganan Damanik. (2020). *Keperawatan Gerontik*. DEEPUBLISH.
- Marakushyn, D. I., Bulynina, O. D., Isaieva, I. M., Karmazina, I. S., & Maslova, N. M. (2024). Impact of stress on emotional health and cognitive function. *Medical Science of Ukraine (MSU)*, 20(2), 136–142. <https://doi.org/10.32345/2664-4738.2.2024.16>
- Martemucci, G., Portincasa, P., Di Ciaula, A., Mariano, M., Centonze, V., & D'Alessandro, A. G. (2022). Oxidative stress, aging, antioxidant supplementation and their impact on human health: An overview. *Mechanisms of Ageing and Development*, 206, 111707. <https://doi.org/10.1016/j.mad.2022.111707>
- Marucca, A. (2023). Empowering Health Journey: Dorothea Orem's *Self-care Deficit Theory* in Patient Empowerment. *Journal of Nursing & Health Sciences*.
- Marwinda, T. D. N., & Danardono, D. (2024). Perbandingan iuran normal pensiun metode entry age normal dan projected unit credit dengan suku bunga cbr (cox ingersoll ross). *Jurnal pembelajaran dan matematika sigma (jpms)*, 10(2), 133–138. <https://doi.org/10.36987/jpms.v10i2.5881>
- Mawaddah, N., Wijayanto, A., Studi, P. S., & Sekolah Tinggi Ilmu Kesehatan Majapahit Mojokerto, K. (2020). Peningkatan kemandirian lansia melalui activity daily living training dengan pendekatan komunikasi terapeutik di rsj dr. Radjiman wediodiningrat lawang. *Hospital Majapahit*, 12.
- McQuaid, G. A., Weiss, C. H., Said, A. J., Pelphrey, K. A., Lee, N. R., & Wallace, G. L. (2022). Increased perceived stress is negatively associated with activities of daily living and subjective quality of life in younger, middle, and older autistic adults. *Autism Research*, 15(8), 1535–1549. <https://doi.org/10.1002/aur.2779>
- Milkhatun, M., Rizal, A. A. F., Asthiningsih, N. W. W., & Sutriani, M. (2022). *Self-care* assistance approach to dorothea orem theory on activity daily living capabilities of schizophrenic patients at atma husada mahakam psychiatric hospital, samarinda. *South East Asia Nursing Research*, 4(3), 14. <https://doi.org/10.26714/seanr.4.3.2022.14-20>

- Nasiri, M., Jafari, Z., Rakhshan, M., Yarahmadi, F., Zonoori, S., Akbari, F., Sadeghi Moghimi, E., Amirmohseni, L., Abbasi, M., Keyvanloo Sharstanaki, S., & Rezaei, M. (2023). Application of Orem's theory-based caring programs among chronically ill adults: A systematic review and dose-response meta-analysis. *International Nursing Review*, 70(1), 59–77. <https://doi.org/10.1111/inr.12808>
- Nasution, F., Rambe, I. M., Ramadani, S. V., Tanjung, N. A., Anjani, N., & Fanani, W. A. (2025). Batasan Usia Dewasa Akhir (Lansia) dan Keadaan Penduduk Lansia di Indonesia. *Edu Society: Jurnal Pendidikan, Ilmu Sosial Dan Pengabdian Kepada Masyarakat*, 4(3), 1972–1980. <https://doi.org/10.56832/edu.v4i3.689>
- Peraturan Menteri Kesehatan RI Nomor 25. (2016). *Aksi Nasional Kesehatan Lanjut Usia Tahun 2016–2019*. <https://peraturan.bpk.go.id/Details/113057/permenkes-no-25-tahun-2016>
- Polacsek, M., & Woolford, M. (2022). Strategies to support older adults' mental health during the transition into residential aged care: a qualitative study of multiple stakeholder perspectives. *BMC Geriatrics*, 22(1), 151. <https://doi.org/10.1186/s12877-022-02859-1>
- Pourghane, parand, Abdi, B., Yaghobi, Y., & Atrkar roushan, Z. (2022). Relationship between *self-care* needs and *self-care* abilities of the retired elderly based on orem's model. *Journal of Research Development in Nursing and Midwifery*, 19(1), 17–20. <https://doi.org/10.61186/jgbfnm.19.1.17>
- Priyanto, A. N., Wirakhmi, I. N., & Susanto, A. (2022). Gambaran faktor-faktor yang mempengaruhi tingkat kemandirian lansia dalam pemenuhan *Activity of Daily Living*. *Jurnal Cakrawala Ilmiah*, 2(1), 173–180. <https://doi.org/10.53625/jcijurnalcakrawalailmiah.v2i1.3506>
- Qonita, A., Setiorini, A., Ganda Ratna, M., & Zuraida, R. (2024). Dampak Stres pada Kesehatan. In *Dampak Stres pada Kesehatan Medula* | (Vol. 14).
- Rahman, J. (2021). Quantitative methods in global health research. In *handbook of global health* (pp. 191–212). Springer International Publishing. https://doi.org/10.1007/978-3-030-45009-0_9
- Raimo, S., Maggi, G., Ilardi, C. R., Cavallo, N. D., Torchia, V., Pilgrom, M. A., Cropano, M., Roldán-Tapia, M. D., & Santangelo, G. (2024). The relation between cognitive functioning and activities of daily living in normal aging, mild cognitive impairment, and dementia: a meta-analysis. *Neurological Sciences*, 45(6), 2427–2443. <https://doi.org/10.1007/s10072-024-07366-2>
- Ratnawati, E. (2025). *Asuhan Keperawatan Gerontik*. PUSTAKA BARU.
- Romadhon, W. A., Suprajitno, S., Kartika Sari, Y., & Rahmawaty, R. D. (2022). The correlation between stress levels and *self-care* behavior of hypertensive elderly. *Jurnal Kesehatan Prima*, 16(1), 52. <https://doi.org/10.32807/jkp.v16i1.765>

- Saikia, B., & Tripathi, R. (2024). Executive functions, processing speed, and memory performance: untangling the age-related effects. *Journal of Psychiatry Spectrum*, 3(1), 12–19. https://doi.org/10.4103/jopsys.jopsys_13_23
- Santoso, E., & Tjhin, P. (2018). Perbandingan tingkat stres pada lansia di Panti Werdha dan lansia di keluarga. *Jurnal Biomedika Dan Kesehatan*, 1(1), 26–34. <https://doi.org/10.18051/JBiomedKes.2018.v1.26-34>
- Seangpraw, K., Auttama, N., Kumar, R., Somrongthong, R., Tonchay, P., & Panta, P. (2020). Stress and associated risk factors among the elderly: a cross-sectional study from rural area of Thailand. *F1000Research*, 8, 655. <https://doi.org/10.12688/f1000research.17903.2>
- Senja, A., & Prasetyo, T. (2021). *Perawatan Lansia Oleh Keluarga dan Care Giver*. Bumi Medika. https://books.google.co.id/books?hl=en&lr=&id=t-c_EAAAQBAJ&oi=fnd&pg=PP1&dq=caring+lansia&ots=cgDLN8Om4X&sig=BWzh7x7Zn9Va2MrKolegK5ZObXs&redir_esc=y#v=onepage&q=caring%20lansia&f=false
- Sha, P., Gao, X., Yu, R., Li, Y., Zhang, Y., Zhu, Z., Wu, T., & Liu, C. (2024). Enhancing daily living and cognitive functions in traumatic brain injury patients through Orem's self-care theory. *Frontiers in Neurology*, 15. <https://doi.org/10.3389/fneur.2024.1449417>
- Sihaloho, N. (2022). Gambaran tingkat kemandirian lansia dalam pemenuhan activity daily living di lingkungan xiv jalan pembangunan usu kelurahan padang bulan kecamatan medan baru tahun 2021. *Journal of Social Research*, 1(6), 435–442. <https://doi.org/10.55324/josr.v1i6.107>
- Sugiyono. (2023). *Metode penelitian kuantitatif, kualitatif, dan r&d*. www.cvalfabeta.com
- Sulistyarini, W. D., Mukharomah, S., Anggun, A., Astuti, S., Pratama, L. P., & Ernawati, E. (2022). Peningkatan fungsi kognitif melalui pendampingan lansia dengan metode senam otak di panti sosial tresna wredha nirmala puri samarinda. *Abdimas Medika*, 3(1), 33. <https://doi.org/10.35728/pengmas.v3i1.1009>
- Suryani, D. A., Yuliadarwati, N. M., & Yulianti, A. (2024). Hubungan antara fungsi kognitif dengan kemandirian lansia di griya lansia husnul khatimah. *Jurnal Ilmu Kedokteran Dan Kesehatan*, 11(3). <https://doi.org/10.33024/jikk.v11i3.13446>
- suryani, I., Ike, H., Nawangsar, H., & Insan Cendika Medika Jombang, Stik. (2021). *Faktor-faktor yang mempengaruhi tingkat depresi pada lansia*.
- Susanty, S., Chung, M. H., Chiu, H. Y., Chi, M. J., Hu, S. H., Kuo, C. L., & Chuang, Y. H. (2022). Prevalence of loneliness and associated factors among community-dwelling older adults in indonesia: a cross-sectional study.

International Journal of Environmental Research and Public Health, 19(8).
<https://doi.org/10.3390/ijerph19084911>

Suwastini, P. (2021). Hubungan tingkat stres dengan tingkat pemahaman selama pembelajaran daring pada mahasiswa di stikes hang tuah surabaya. https://repository.stikeshangtuah-sby.ac.id/id/eprint/467/1/PANDE%20KADEK_SKRIPSI_FIX.pdf

Tao, B., Gong, W., Xu, C., Ma, Z., Mei, J., & Chen, M. (2024). The relationship between hypoxia and Alzheimer's disease: an updated review. *Frontiers in Aging Neuroscience*, 16. <https://doi.org/10.3389/fnagi.2024.1402774>

Teixeira, A. L., de Miranda, A. S., Venna, V. R., Himali, J. J., & Bauer, M. E. (2025). Understanding late-life depression: focus on inflammation. *Current Opinion in Psychiatry*, 38(5), 376–382. <https://doi.org/10.1097/YCO.0000000000001022>

Wara, R. (2020). Hubungan fungsi kognitif dengan tingkat kemandirian dalam melakukan *Activity of Daily Living* pada calon jemaah haji lansia di kbih kodam 1 bukit barisan kota medan .

Weng, B., Jin, J., Huang, L., Tong, X., Jiao, W., Wang, Y., Fang, C., Wang, M., & Li, Y. (2024). Risk factors associated with functional decline in older hospital survivors with acute lower respiratory tract infections: a prospective cohort study. *BMC Geriatrics*, 24(1), 208. <https://doi.org/10.1186/s12877-024-04838-0>

WHO. (2021). *World report on ageing and health*. World Health Organization. [https://books.google.co.id/books?hl=id&lr=&id=n180DgAAQBAJ&oi=fnd&pg=PP1&dq=WHO.+\(2021\).+World+report+on+ageing+and+health.+World+Health+Organization.&ots=uUH6lsP1h8&sig=Q3kMYScBL7MCgFX1VZg9ULAwCwM&redir_esc=y#v=onepage&q&f=false](https://books.google.co.id/books?hl=id&lr=&id=n180DgAAQBAJ&oi=fnd&pg=PP1&dq=WHO.+(2021).+World+report+on+ageing+and+health.+World+Health+Organization.&ots=uUH6lsP1h8&sig=Q3kMYScBL7MCgFX1VZg9ULAwCwM&redir_esc=y#v=onepage&q&f=false)

WHO. (2022). *Doing What Matters in Times of Stress: An Illustrated Guide*.

Wibawa Sukmana, A., Virgona Bangun, A., Keperawatan, J., Ilmu dan Teknologi Kesehatan, F., Jenderal Achmad Yani, U., & Penulis pertama, C. (2025). Journal Of Community Health Development Werdha Asuhan Bunda Bandung from March 5 to 10, 2025, involving 24 elderly participants. In *Journal of Community Health Development* (Vol. 6, Issue 2). <http://jos.unsoed.ac.id/index.php/jchd>

Woo, E., Sansing, L. H., Arnsten, A. F. T., & Datta, D. (2021). Chronic stress weakens connectivity in the prefrontal cortex: architectural and molecular changes. *Chronic Stress*, 5. <https://doi.org/10.1177/24705470211029254>

Xie, Y., Wang, D., Zhou, J., Zhou, T., Huang, Y., Zhang, K., & Li, H. (2025). Impact of nursing based on Orem's self-care theory on self-care behaviours in older patients with heart failure: A randomised controlled trial. *Australasian Journal on Ageing*, 44(3). <https://doi.org/10.1111/ajag.70059>

- Yau, P. N., Foo, C. J. E., Cheah, N. L. J., Tang, K. F., & Lee, S. W. H. (2022). The prevalence of functional disability and its impact on older adults in the ASEAN region: a systematic review and meta-analysis. *Epidemiology and Health*, 44, e2022058. <https://doi.org/10.4178/epih.e2022058>
- Yip, J. Y. C. (2021). Theory-based advanced nursing practice: a practice update on the application of orem's *self-care* deficit nursing theory. *SAGE Open Nursing*, 7. <https://doi.org/10.1177/23779608211011993>
- Yu, H.-H., Tan, L., Jiao, M.-J., Lv, Y.-J., Zhang, X.-H., Tan, C.-C., & Xu, W. (2025). Dissecting the clinical and pathological prognosis of MCI patients who reverted to normal cognition: a longitudinal study. *BMC Medicine*, 23(1), 260. <https://doi.org/10.1186/s12916-025-04092-0>
- Yuliana Sako, I Made Rantiasa, & Bayu Dwisetyo. (2024). Hubungan fungsi kognitif dengan tingkat kemandirian *activity of daily living* (adl) pada lansia dikelurahan singkil 1 lingkungan 6 kota manado. *OBAT: Jurnal Riset Ilmu Farmasi Dan Kesehatan*, 2(1), 63–72. <https://doi.org/10.61132/obat.v2i1.79>
- Zahroh, C., Suminar, E., Widiharti, W., & Fitrihanur, W. (2024). Hubungan fungsi kognitif dengan tingkat kemandirian *activity of daily living* (adl) pada lansia. *Indonesian Journal of Professional Nursing*, 5(1), 63. <https://doi.org/10.30587/ijpn.v5i1.8453>
- Zega, A. (2021). Hubungan fungsi kognitif dengan kemandirian lansia dalam *activity daily living* di upt pelayanan sosial lanjut usia binjai provinsi sumatera utara.
- Zhang, J., Dai, C., Wang, Q., Zhao, W., Shen, G., Cheng, J., Chen, R., & Zhang, Y. (2025). Living and neighborhood environments and anxiety symptoms among older adults in Anhui, China: evidence from a cross-sectional study. *BMC Public Health*, 25(1), 603. <https://doi.org/10.1186/s12889-025-21870-w>
- Zuber, S., Kliegel, M., Schumacher, V., Martin, M., Ghisletta, P., & Horn, S. (2025). Individual differences and 11-year longitudinal changes in older adults' prospective memory: A comparison with episodic memory, working memory, processing speed, and verbal knowledge. *Journal of Memory and Language*, 141, 104602. <https://doi.org/10.1016/j.jml.2024.104602>