

PENGARUH SENAM VITALISASI OTAK TERHADAP FLEKSIBILITAS
ORANG DENGAN DEMENSIA

SKRIPSI

Diajukan Sebagai Salah Satu Syarat Memperoleh Gelar Sarjana Olahraga

Program Studi Ilmu Keolahragaan



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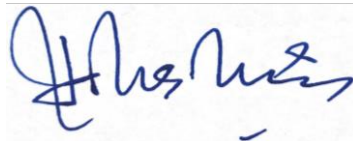
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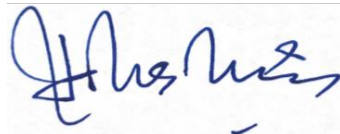
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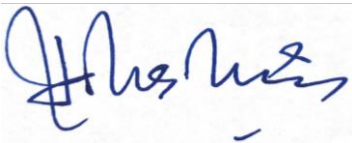
“ PENGARUH SENAMVITALISASI OTAK TERHADAP FUNGSI KOGNITIF PADA
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ABSTRAK

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Pembimbing: Mustika Fitri, M.Pd., Ph.D., Drs. Sumardiayanto, M.Pd

Kurangnya aktivitas fisik dan minat berolahraga pada lansia yang berumur 60 tahun ke atas berisiko terkena penyakit demensia serta mengalami penurunan tingkat fleksibilitas. Penelitian ini bertujuan untuk mengetahui pengaruh senam vitalisasi otak terhadap fleksibilitas pada orang dengan demensia. Metode penelitian ini adalah eksperimental yang bersifat kuantitatif dengan menggunakan desain The One-Group Pretest- Posttest Design dengan perlakuan atau treatment berupa pemberian latihan senam vitalisasi otak dengan durasi latihan 15-25, perlakuan atau treatment diberikan kepada subjek sebanyak tiga kali dalam sepekan selama 4 minggu latihan. Populasi dalam penelitian ini adalah Lansia pos bindu tanjung sebanyak 78 orang dengan pengambilan sampel menggunakan teknik *purposive sampling*. Jumlah sampel yang digunakan sebanyak 31 orang, *Chair seat and reach test* (CSRT) digunakan sebagai instrumen dalam penelitian ini yang bertujuan untuk mengetahui fleksibilitas lansia. Data yang diperoleh diolah menggunakan software IBM SPSS v.20. Hasil dalam penelitian ini menyatakan nilai Sig $0,000 < 0,05$ yaitu terdapat pengaruh yang signifikan metode *Chair seat and reach test* (CSRT) terhadap fleksibilitas lansia.

Kata Kunci: Lansia Demensia, Senam Vitalisasi Otak, *Chair seat and reach test* (CSRT)

ABSTRACT

THE EFFECT OF VITALIZATION OF THE BRAIN VITALIZATION ON THE FLEXIBILITY OF PEOPLE WITH DEMENSIA

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Advisor: Mustika Fitri, M.Pd., Ph.D., Drs. Sumardiayanto, M.Pd

Lack of physical activity and interest in exercising in the elderly aged 60 years and over are at risk of developing dementia and experiencing decreased levels of flexibility. This study aims to determine the effect of vitalizing brain exercise on flexibility in people with dementia. This research method is a quantitative experimental design using The One-Group Pretest-Posttest Design with treatment or treatment in the form of giving brain vitalizing exercises with exercise duration 15-25, treatment or treatment given to the subject three times a week for 4 weeks. Practice. The population in this study was the elderly of Pos Bindu Tanjung as many as 78 people. The sample was taken using purposive sampling technique. The number of samples used was 31 people, Chair seat and reach test (CSRT) was used as an instrument in this study which aimed to determine the flexibility of the elderly. The data obtained were processed using the IBM SPSS v.20 software. The results in this study indicate the value of Sig 0.000 <0.05, which is a significant effect of the Chair seat and reach test (CSRT) method on the flexibility of the elderly.

Keywords: Elderly Dementia, Brain Vitalization Exercise, Chair seat and reach test (CSRT)

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