

**PENGARUH SENAM A-PIK (ANTI PIKUN) TERHADAP FUNGSI FISIK
PADA ORANG DENGAN DEMENSIA**

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga

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KATA PENGANTAR

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Abstract

Elderly when entering the aging process are prone to experiencing physiological and psychological changes. One of them is dementia and mental disorders that can cause depression. Depression can be treated pharmacologically, but has many side effects, another way is non-pharmacological, namely physical activity, one of which is A-Pik exercise. This study was to determine the effect of A-Pik exercise participation on the depression level of people with dementia. This study used a pre-experimental method. A sample of 22 elderly aged 52-76 years was selected using purposive sampling technique. This study used the Geriatric Depression Scale (GDS) instrument with one group pretest-posttest design. The results of this study showed a p value of 0.000 ($p < 0.05$), with an average level of depression before treatment was 4.55 and after treatment was 2.45. This study recommends practitioners to socialize A-Pik as a routine exercise for the elderly.

Key words: Depression; Elderly; Dementia; Gymnastics

ABSTRAK

Tujuan penelitian ini adalah untuk mengetahui pengaruh senam a-pik (anti pikun) terhadap fungsi fisik pada orang dengan demensia. Penelitian ini menggunakan metode *pre experimental* terhadap 22 sampel dengan menggunakan teknik *purposive sampling* dengan cara memberi treatment berupa senam a-pik (anti pikun) kepada orang dengan demensia. Dalam penelitian ini menggunakan kuesioner *sarc-f* sebagai instrumen penelitian. Data kuesioner *sarc-f* dikumpulkan serta di analisis menggunakan bantuan *software SPSS for windows 26*. Hasil analisis sample t-test menunjukkan bahwa terdapat pengaruh yang signifikan terhadap fungsi fisik pada orang dengan demensia.

Kata kunci: Aktivitas fisik, Demensia, Fungsi fisik, Lansia

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