

**PENGARUH SENAM VITALISASI OTAK TERHADAP SKOR  
MONTREAL COGNITIVE ASSESSMENT VERSI INDONESIA  
(MoCA-Ina) PADA LANSIA DI POSBINDU DAHLIA SENJA  
LIMO KOTA DEPOK TAHUN 2017**

**Rahayu Fatmawati**

**Abstrak**

UHH penduduk di Kota Depok yang lebih tinggi dibandingkan UHH penduduk secara nasional bahkan dunia selain memberikan dampak positif berupa peningkatan derajat kesehatan dan kesejahteraan penduduk juga mempengaruhi kesehatan pada lansia yaitu meningkatnya penyakit degeneratif antara lain penurunan fungsi kognitif, yang dikaitkan dengan pengalaman pembelajaran dan kapasitas inteligensi seseorang. Senam vitalisasi otak merupakan produk latihan kebugaran fisik yang dipercaya dapat meningkatkan fungsi kognitif. Penelitian ini bertujuan untuk mengetahui pengaruh senam vitalisasi otak terhadap skor MoCA-Ina pada lansia di Posbindu Dahlia Senja Limo Kota Depok tahun 2017. Desain penelitian adalah kuasi eksperimental dengan pendekatan *one group pretest-posttest design*. Sampel penelitian sebanyak 19 responden didapat berdasarkan teknik *total sampling*. Instrumen yang digunakan untuk mengukur fungsi kognitif adalah MoCA-Ina, yang digunakan sebelum dan sesudah intervensi. Intervensi yang diberikan berupa senam vitalisasi otak dengan frekuensi dua kali seminggu selama empat minggu. Hasil penelitian menunjukkan bahwa dengan uji bivariat terbukti adanya hubungan bermakna antara senam vitalisasi otak dengan domain penamaan ( $p = 0,021$ ), memori ( $p = 0,000$ ), dan bahasa ( $p = 0,027$ ). Berdasarkan hasil penelitian tersebut, dapat disimpulkan bahwa melakukan senam vitalisasi otak dua kali seminggu dapat meningkatkan fungsi kognitif.

**Kata Kunci:** Senam vitalisasi otak, MoCA-Ina, lansia

**THE INFLUENCE OF BRAIN VITALIZATION EXERCISE  
TOWARDS THE INDONESIAN VERSION OF THE  
MONTREAL COGNITIVE ASSESSMENT (MoCA-Ina) IN THE  
ELDERLY AT POSBINDU DAHLIA SENJA LIMO DEPOK  
2017**

**Rahayu Fatmawati**

**Abstract**

There was a higher than national even worldwide life expectancy in Depok in addition to give positive impacts such as healthy status improvement and population welfare, it brings around health problems of the elderly like the enhancement of generative disease such as cognitive decline, which is related to learning experience and intelligence capacity. Brain vitalization exercise is a physical fitness exercise product which is believed it can improve the cognitive function. The objective of this research was to know the influence of brain vitalization exercise towards the MoCA-Ina in elderly at Posbindu Dahlia Senja Limo Depok 2017. This research was a quasi experimental with one group pretest-posttest design. The sample was 19 respondents who were selected based on total sampling technique. The instrument which was used to measure cognitive function was MoCA-Ina. It used before and after intervention. The intervention was brain vitalization exercise two times a week in four weeks. The results showed that with bivariate test, there were significant relationships between brain vitalization exercise and naming ( $p = 0,021$ ), memory ( $p = 0,000$ ), and language ( $p = 0,027$ ) in the elderly. Based on these results, it can be concluded that performing routine brain vitalization exercise two times a week can improve cognitive function.

**Keyword:** Brain vitalization exercise, MoCA-Ina, elderly