

GAMBARAN FUNGSI KOGNITIF PADA INDIVIDU *DOWN SYNDROME* DI *SPECIAL OLYMPICS* INDONESIA

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Abstrak

Latar Belakang: *Down syndrome* merupakan jenis disabilitas intelektual dengan keterbatasan fungsi kognitif akibat trisomi kromosom 21. Fungsi kognitif berperan dalam proses belajar, adaptasi, dan keberhasilan intervensi pada individu *down syndrome*. **Tujuan Penelitian:** Penelitian ini bertujuan mengetahui gambaran fungsi kognitif pada individu *down syndrome* di *Special Olympics* Indonesia. **Metode Penelitian:** Penelitian ini menggunakan desain kuantitatif deskriptif dengan pendekatan *cross-sectional*. Sebanyak 63 individu *down syndrome* menjadi sampel, menggunakan alat ukur *Cognitive Scale for Down Syndrome* dan data sekunder terkait karakteristik individu. **Hasil Penelitian:** Karakteristik usia didominasi kelompok remaja dengan 49,2% untuk kognitif baik dan 23,8% untuk kognitif buruk. Pada karakteristik jenis kelamin, fungsi kognitif baik lebih banyak pada perempuan (31,7%). Pada karakteristik keseimbangan fungsional, mayoritas responden dengan fungsi kognitif baik memiliki keseimbangan fungsional yang baik. Distribusi data relatif sama yaitu 30,1% untuk kualitas hidup buruk dan 31,7% untuk kualitas hidup baik pada fungsi kognitif baik. Pada karakteristik *sensory profile*, mayoritas responden dalam kategori *just like majority of the others* pada setiap kuadran. **Kesimpulan:** Berdasarkan karakteristik, fungsi kognitif baik mayoritas ditemukan pada kelompok usia remaja (10-18 tahun), jenis kelamin perempuan, kualitas hidup baik, keseimbangan fungsional baik, serta *sensory profile* kuadran *seeking* dan *registration* dengan kategori *just like majority of the others*.

Kata Kunci: *Down Syndrome*; Fungsi kognitif; *Cognitive Scale for Down Syndrome* (CS-DS); Fisioterapi

AN OVERVIEW OF THE COGNITIVE FUNCTION IN INDIVIDUALS WITH DOWN SYNDROME AT SPECIAL OLYMPICS INDONESIA

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Abstract

Background: Down syndrome is a form of intellectual disability characterized by cognitive limitations resulting from trisomy 21. Cognitive function plays a crucial role in learning, adaptive behavior, and intervention outcomes in individuals with Down syndrome. **Objective:** This study aimed to describe cognitive function in individuals with Down syndrome in Special Olympics Indonesia. **Methods:** A quantitative descriptive study with a cross-sectional design was conducted. A total of 63 individuals with Down syndrome were included. Cognitive function was assessed using the Cognitive Scale for Down Syndrome, along with secondary data on individual characteristics. **Results:** Adolescents predominated, with 49.2% demonstrating good cognitive function and 23.8% poor cognitive function. Good cognitive function was more prevalent among females (31.7%). Most participants with good cognitive function exhibited good functional balance. Quality of life distribution among individuals with good cognitive function was similar, with 30.1% categorized as poor and 31.7% as good. The majority of participants were classified as *just like the majority of others* across sensory profile quadrants. **Conclusion:** Good cognitive function was predominantly observed among adolescents (10–18 years), females, individuals with good quality of life, good functional balance, and those classified as *just like the majority of others* in the seeking and registration sensory profile quadrants.

Keywords: Down Syndrome; Cognitive Function; Cognitive Scale for Down Syndrome; Physiotherapy