

ABSTRAK

Penurunan fungsi kognitif terjadi seiring dengan bertambahnya usia lansia yang ditandai dengan mudah lupa, hambatan orientasi pada ruang, tempat, waktu, dan sulit menerima konsep gagasan baru. Penurunan fungsi kognitif yang tidak ditangani dengan baik menimbulkan berbagai dampak negatif salah satunya menurunkan kualitas hidup lansia. Sehingga diperlukan tindakan promotif dan preventif yaitu dengan aktivitas fisik. Tujuan dari penelitian ini adalah untuk melakukan analisis jurnal mendalam mengenai hubungan aktivitas fisik dengan fungsi kognitif pada lansia.

Jenis penelitian ini menggunakan metode *literature review* dengan pendekatan *systematic*. Populasi penelitian ini adalah jurnal nasional dan internasional yang berhubungan dengan kata kunci (aktivitas fisik, fungsi kognitif, lansia), jumlah populasi sebanyak 1.667 jurnal. Teknik sampel menggunakan *purposive sampling* yaitu pemilihan sampel sesuai dengan kriteria inklusi dan eksklusi yang telah ditetapkan peneliti. Jumlah sampel dalam penelitian ini sebanyak 11 jurnal. Pencarian jurnal dilakukan pada *google scholar*, *Science direct*, dan *Pubmed*. Analisis data menggunakan *FRISMA Flow Diagram*. Instrumen yang digunakan *JBI Critical Appraisal Checklist for Analytical Cross-Sectional Studies (grade A)* sesuai dengan *ConQual Score (High)* berdasarkan skala *FAME (Feasibility, Appropriateness, Meaningfulness and Effectiveness)*.

Hasil analisis pada 11 jurnal/artikel yang dijadikan sampel, terdapat hubungan aktivitas fisik dengan fungsi kognitif pada lansia. Aktivitas fisik dapat melancarkan peredaran darah otak dan menstimulus faktor neurotropik (BDNF) sehingga mampu mempertahankan fungsi kognitif lebih baik. Disarankan lansia dapat melakukan aktivitas fisik sedang hingga berat selama ≥ 150 menit perminggu sehingga mampu mengurangi resiko penurunan fungsi kognitif.

Kata kunci : Aktivitas fisik, Fungsi kognitif, Lansia
Daftar pustaka : 42 jurnal/artikel (2010-2021)
11 buku (2010-2021)
1 website (2010-2021)

ABSTRACT

The decrease in cognitive function occurs along with the increase of the elderly age, which is characterized by easy to forget, orientation barriers in space, place, time, and difficult to accept the concept of new ideas. The decrease in cognitive function that is not handled properly causes various negative impacts, one of the example is reducing their quality of life. Therefore, it is important to perform promotive and preventive action which indicated by physical activity. The purpose of this research was to conduct an in-depth journal analysis of the relationship between physical activities with cognitive function on the elderly.

This type of research used a literature review method with a systematic approach. The population of this research was a national and international journal related to keywords (physical activity, cognitive function, elderly) as many as 1,667 journals. The sample technique used purposive sampling, which the selections of samples are in accordance with the inclusion and exclusion criteria that have been set by the researchers. The numbers of samples in this research were 11 journals. The journal search used was Google Scholar, Science Direct, and PubMed. Data analysis used FRISMA flow diagram. The instrument used by JBI Critical Appraisal Checklist for Analytical Cross-Sectional Studies (Grade A) In accordance with ConQual Score (High) Based on the Fame Scale (Feasibility, Appropriateness, Meaningfulness and Effectiveness).

The results of the analysis on the journals that were sampled, there is a relationship between physical activity and cognitive function in the elderly. Physical activity can improve cerebral blood circulation and stimulate neurotrophic factor (BDNF) so that it can maintain better cognitive function. It is recommended that the elderly can perform moderate to heavy physical activity for moreless 150 minutes per week so that they can reduce the risk of cognitive decline.

Keywords : Physical activity, Cognitive function, Elderly
Bibliography : 42 journals/articles (2010-2021)
11 books (2010-2021)
1 website (2010-2021)