

ABSTRAK

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Program Studi : Profesi Ners

Judul KIAN : Analisis Asuhan Keperawatan Lansia Demensia Dengan Gangguan Memori Melalui Brain Gym Klasik Mozart Di UPT PSTW Kabupaten Jombang

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Kelompok lanjut usia yang mengalami demensia mempunyai kerentanan tinggi terhadap kemunduran kemampuan kognitif, terutama pada aspek memori. Gangguan tersebut umumnya terlihat dari sulitnya menyimpan informasi baru, mengenali waktu dan tempat, serta memanggil kembali pengalaman yang pernah dialami. Dampaknya dapat menghambat kegiatan harian dan menurunkan kualitas hidup lansia. Salah satu tindakan keperawatan nonfarmakologis yang dapat digunakan ialah Brain Gym Klasik Mozart, yaitu perpaduan latihan senam otak dengan rangsangan musik klasik untuk mendukung fungsi kognitif. Karya ilmiah ini bertujuan mengkaji pelaksanaan asuhan keperawatan pada lansia demensia dengan gangguan memori melalui penerapan Brain Gym Klasik Mozart di UPT PSTW Kabupaten Jombang. Desain yang digunakan berupa studi kasus dengan mengikuti tahapan proses keperawatan, mulai dari pengkajian, penetapan diagnosis, penyusunan intervensi, implementasi, hingga evaluasi. Subjeknya adalah seorang perempuan berusia 66 tahun yang mengalami demensia dengan diagnosis keperawatan gangguan memori. Kondisi kognitif dinilai menggunakan Mini Mental State Examination (MMSE) dan Short Portable Mental Status Questionnaire (SPMSQ). Brain Gym Klasik Mozart diberikan selama tiga hari, masing-masing selama 15–20 menit. Hasil evaluasi memperlihatkan perkembangan memori secara bertahap, antara lain klien semakin mampu mengenali orientasi waktu, menirukan kembali gerakan Brain Gym Klasik Mozart, dan mengingat urutan latihan yang telah dipelajari. Skor MMSE bertambah dari 16 menjadi 18, sedangkan jumlah jawaban salah pada SPMSQ berkurang dari 7 menjadi 5. Temuan tersebut menunjukkan bahwa intervensi ini berpotensi menjadi terapi nonfarmakologis untuk memperbaiki fungsi memori pada lansia demensia. Oleh sebab itu, Brain Gym Klasik Mozart dapat dipertimbangkan sebagai alternatif tindakan keperawatan gerontik dalam mempertahankan sekaligus meningkatkan kemampuan kognitif lansia dengan demensia.

Kata Kunci : Lansia Demensia, Gangguan Memori, *Brain Gym* Klasik Mozart.

ABSTRACT

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Study Program : Nursing Profession Program
Title : Analysis of Nursing Care for Elderly Patients with Dementia and Memory Impairment Using Mozart-Based Classic Brain Gym at the Jombang Regency Elderly Social Service Unit (UPT PSTW)
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Older adults living with dementia are highly susceptible to a gradual decline in cognitive abilities, particularly memory. This impairment is commonly reflected in difficulty storing newly received information, recognizing time and place, and retrieving previous experiences. These problems may interfere with everyday activities and reduce quality of life. A nursing-based non-pharmacological option is the Mozart Classical Brain Gym, which combines simple brain exercises with classical music stimulation to support cognitive performance. This case study examined nursing care for an older adult with dementia and memory impairment through the use of the Mozart Classical Brain Gym at the Jombang Regency Elderly Social Service Unit (UPT PSTW). The nursing process was applied through assessment, diagnosis, intervention planning, implementation, and evaluation. The participant was a 66-year-old woman with dementia who was diagnosed with memory impairment. Cognitive status was measured using the Mini-Mental State Examination (MMSE) and the Short Portable Mental Status Questionnaire (SPMSQ). The intervention was delivered for three consecutive days, with each session lasting approximately 15–20 minutes. Evaluation findings showed a gradual improvement in memory, demonstrated by better recall of time orientation, the ability to reproduce the exercise movements, and improved recall of the sequence that had been practiced. The MMSE score increased from 16 to 18, while SPMSQ errors decreased from 7 to 5. These results suggest that the Mozart Classical Brain Gym may serve as a useful non-pharmacological approach for improving memory in older adults with dementia. Accordingly, it may be considered an alternative gerontological nursing intervention to maintain and enhance cognitive function in this population.

Keywords: Elderly with dementia, memory impairment, Brain Gym, classical Mozart music.